



SITESPEEDSTEPS

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Test Date	11/20/2020											
Theme Name	Contact Form 7											
Theme URL	https://wordpress.org/plugins/contact-form-7/											
Theme Version	5.3											
WordPress Version	5.5.3											
WordPress Host	Siteground											
WordPress Host Plan	GoGeek											
Testing Page/Post URL	https://sandbox.sitespeedsteps.com/site-speed-steps-testing-post/											
Number of Testing Post Words	800											
Number of photos in test post	3											
TWENTY TWENTY THEME - BASELINE ENVIRONMENT												
	Mobile Test 1	Desktop Test 1	Mobile Test 2	Desktop Test 2	Mobile Test 3	Desktop Test 3	Mobile Test 4	Desktop Test 4	Mobile Test 5	Desktop Test 5	AVG Mobile	AVG Desktop
Google Page Speed Insights Score	89	98	83	98	87	97	97	97	88	97	89	97
	Largest Contentful Paint 1	Total Blocking Time 1	Cumulative Layout Shift 1	Largest Contentful Paint 2	Total Blocking Time 2	Cumulative Layout Shift 2	Largest Contentful Paint 3	Total Blocking Time 3	Cumulative Layout Shift 3	Largest Contentful Paint Avg	Total Blocking Time Avg	Cumulative Layout Shift Avg
GTmetrix Test	1.00	0.00	0.0	1.10	0.00	0.0	0.90	0.00	0.0	1.00	0.00	0
	Load Time	Total Page Size 1	Requests 1	Fully Loaded Time 2	Total Page Size 2	Requests 2	Fully Loaded Time 3	Total Page Size 3	Requests 3	AVG Load Time	AVG Page Size	AVG Request
Pingdom Speed Test	715.00	345.00	13.0	879.00	345.00	13.0	1280.00	346.00	13.0	958.00	345.33	13
CONTACT FORM 7 - POST ACTIVATION TESTING												
	Mobile Test 1	Desktop Test 1	Mobile Test 2	Desktop Test 2	Mobile Test 3	Desktop Test 3	Mobile Test 4	Desktop Test 4	Mobile Test 5	Desktop Test 5	AVG Mobile	AVG Desktop
Google Page Speed Insights Score	91	97	83	96	82	97	78	96	77	96	82	96
	Largest Contentful Paint 1	Total Blocking Time 1	Cumulative Layout Shift 1	Largest Contentful Paint 2	Total Blocking Time 2	Cumulative Layout Shift 2	Largest Contentful Paint 3	Total Blocking Time 3	Cumulative Layout Shift 3	Largest Contentful Paint Avg	Total Blocking Time Avg	Cumulative Layout Shift Avg
GTmetrix Test	1.20	9.00	0.0	1.00	0.00	0.0	1.10	0.00	0.0	1.10	3.00	0
	Load Time	Total Page Size 1	Requests 1	Fully Loaded Time 2	Total Page Size 2	Requests 2	Fully Loaded Time 3	Total Page Size 3	Requests 3	AVG Load Time	AVG Page Size	AVG Request
Pingdom Speed Test	779.00	387.00	16.0	817.00	386.00	16.0	753.00	386.00	16.0	783.00	386.33	16