



SITESPEEDSTEPS

www.sitespeedsteps.com

Test Date	11/20/2020
Theme Name	Ninja Forms
Theme URL	https://wordpress.org/plugins/ninja-forms/
Theme Version	3.4.32
WordPress Version	5.5.3
WordPress Host	Siteground
WordPress Host Plan	GoGeek
Testing Page/Post URL	https://sandbox.sitespeedsteps.com/site-speed-steps-
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	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

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	88	98	98	92	89	97	84	97	83	98	88	96
	Largest Contentful Paint 1	Total Blocking Time 1	Cumulative Layout Shift 1	Largest Contentful Paint	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	1.00	0.00	0.0	1.10	0.00	0.0	1.03	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	795.00	346.00	13.0	727.00	346.00	13.0	688.00	346.00	13.0	736.67	346.00	13