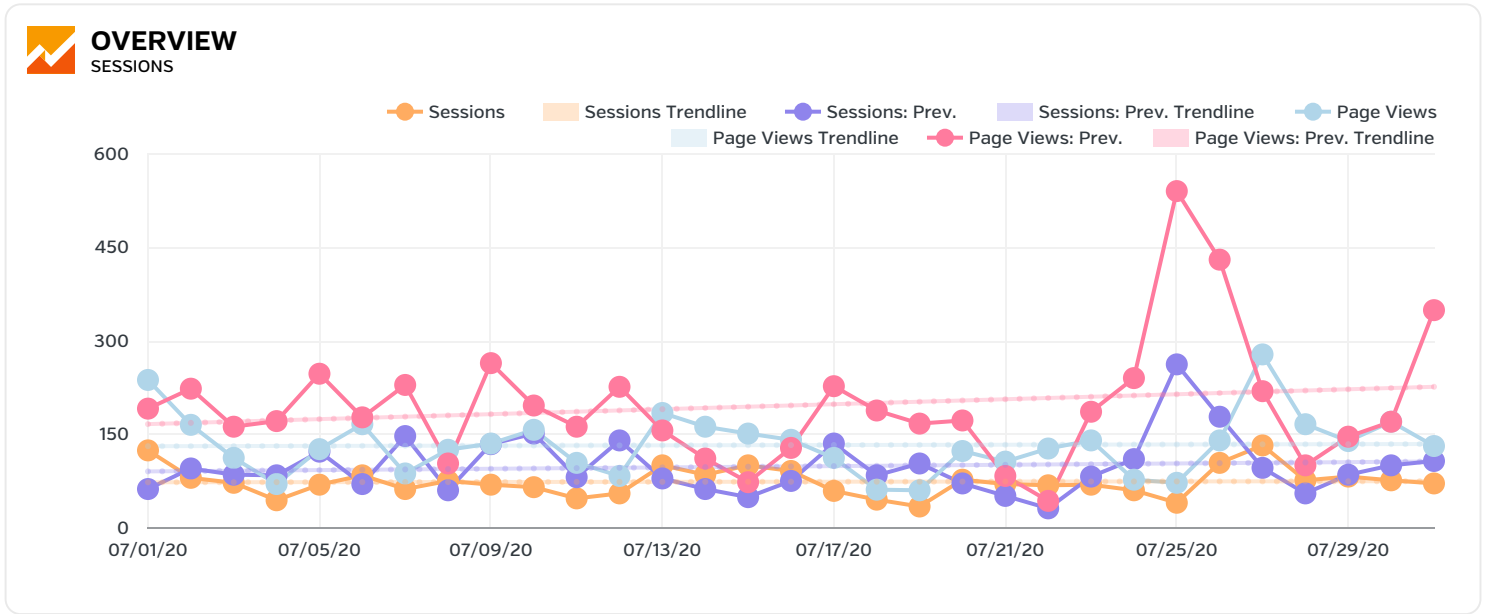


Google Analytics - Summary

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



ALL TRAFFIC SESSIONS

2,285
PREVIOUS: 3,046
▼-24.98%

ALL REFERRALS SESSIONS

464
PREVIOUS: 885
▼-47.57%

GOALS GOAL COMPLETIONS

60
PREVIOUS: 96
▼-37.5%

TOP TRAFFIC SESSIONS

CHANNELS ^	SESSIONS	NEW USERS	BOUNCE RATE	PAGES / SESSION	AVG. SESSION DURATION
Organic Search	▼-2.49% 1,135 vs 1,164	▲2.44% 840 vs 820	▲5.72% 79.47% vs 75.17%	▼-5.99% 1.65 vs 1.75	▼-23.57% 1:04 vs 1:24
Direct	▼-29.03% 670 vs 944	▼-31.44% 447 vs 652	▲4.59% 72.24% vs 69.07%	▼-6.22% 1.86 vs 1.98	▼-3.13% 1:18 vs 1:20
Social	▼-51.47% 363 vs 748	▼-45.09% 207 vs 377	▼-2.31% 65.56% vs 67.11%	▼-3.38% 1.81 vs 1.87	▲5.63% 1:56 vs 1:50

CHANNELS [▲]	SESSIONS	NEW USERS	BOUNCE RATE	PAGES / SESSION	AVG. SESSION DURATION
Referral	▼-26.81% 101 vs 138	▼-13.33% 39 vs 45	▼-20.72% 46.53% vs 58.70%	▼-20.68% 2.89 vs 3.64	▼-8.81% 3:06 vs 3:24
{Other}	▼-69.23% 16 vs 52	∞ 1 vs 0	▲80.56% 62.50% vs 34.62%	▼-47.26% 2.69 vs 5.10	▼-48.98% 3:15 vs 6:23

TOP REFERRALS
SESSIONS

SOURCE	SESSIONS	NEW USERS	BOUNCE RATE	PAGES / SESSION	AVG. SESSION DURATION	GOAL CONVERSION RATE	GOAL VALUE
m.facebook.com	▼-42. 66% 203 vs 354	▼-41. 96% 130 vs 224	▼-1.38% 74.38% vs 75. 42%	▲0.72% 1.45 vs 1. 44	▲56.75% 1:14 vs 0:47	▲39.51% 1.97% vs 1.41%	▼-40.00% \$113.97 vs \$189. 95
l.facebook.com	▼-47. 40% 81 vs 154	▼-38. 03% 44 vs 71	▼-2.87% 58.02% vs 59. 74%	▼-15.27% 2.02 vs 2. 39	▼-37.89% 2:03 vs 3:19	▲90.12% 7.41% vs 3.90%	▼-50.00% \$113.97 vs \$227. 94
facebook.com	▼-71.68% 64 vs 226	▼-64. 00% 27 vs 75	▼-11.72% 51.56% vs 58.41%	▲11.36% 2.47 vs 2. 22	▲21.31% 3:04 vs 2:31	▲8.65% 6.25% vs 5.75%	▼-70.54% \$75.98 vs \$257. 88
paypal.com	▼-48. 65% 19 vs 37	▼-100. 00% 0 vs 2	▼-24.27% 36.84% vs 48. 65%	▼-14.22% 1.95 vs 2. 27	▲36.53% 2:02 vs 1:29	▼-2.63% 52.63% vs 54. 05%	▼-50.00% \$379.90 vs \$759.80
getthewom.com	▼-10. 00% 18 vs 20	▲42.86% 10 vs 7	▲26.98% 44.44% vs 35. 00%	▲53.85% 4.00 vs 2. 60	▼-44.69% 2:55 vs 5:16	∞ 5.56% vs 0. 00%	∞ \$37.99 vs \$0.00
academy. nostresswp.co	0.00% 17 vs 17	▼-16.67% 5 vs 6	0.00% 58.82% vs 58. 82%	▼-43.14% 1.71 vs 3. 00	▼-77.26% 0:44 vs 3:17	▼-66.67% 5.88% vs 17. 65%	▼-20.80% \$37.99 vs \$47.97
app.clickup.com	▲300. 00% 8 vs 2	▼-100. 00% 0 vs 1	▼-50.00% 25.00% vs 50. 00%	▲91.67% 5.75 vs 3. 00	▲236.70% 7:51 vs 2:20	0.00% 0.00% vs 0. 00%	0.00% \$0.00 vs \$0.00
youtube.com	▲75.00% 7 vs 4	▼-100. 00% 0 vs 1	▼-42.86% 57.14% vs 100. 00%	▲185.71% 2.86 vs 1. 00	∞ 5:54 vs 0:00	∞ 14.29% vs 0. 00%	∞ \$37.99 vs \$0.00
nitropack.io	▲200. 00% 6 vs 2	▲150. 00% 5 vs 2	0.00% 100.00% vs 100. 00%	0.00% 1.00 vs 1. 00	0.00% 0:00 vs 0:00	0.00% 0.00% vs 0. 00%	0.00% \$0.00 vs \$0.00
t.co	▲400. 00% 5 vs 1	∞ 3 vs 0	∞ 20.00% vs 0.00%	0.00% 3.00 vs 3. 00	▼-54.72% 4:54 vs 10:51	0.00% 0.00% vs 0. 00%	0.00% \$0.00 vs \$0.00

TOP LANDING PAGES
SESSIONS

LANDING PAGE ▲	SESSIONS	NEW USERS	BOUNCE RATE	PAGES / SESSION	AVG. SESSION DURATION	GOAL CONVERSION RATE	GOAL VALUE
/using-elementors-request-parameters-for-a-personalized-thank-you-page/	▼-0.50% 397 vs 399	▲0.60% 338 vs 336	▼-0.29% 94.71% vs 94.99%	▲1.45% 1.08 vs 0.7	▼-17.36% 0:27 vs 0:33	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00
/	▼-25.51% 330 vs 443	▼-12.54% 251 vs 287	▲26.27% 57.58% vs 45.60%	▼-21.54% 2.42 vs 3.09	▼-46.78% 1:27 vs 2:43	▼-77.63% 0.61% vs 2.71%	▼-90.13% \$37.99 vs \$384.89
/the-website-owners-manual/	▼-32.08% 307 vs 452	▼-40.28% 172 vs 288	▼-0.40% 59.93% vs 60.18%	▲4.46% 2.12 vs 2.03	▲9.41% 2:17 vs 2:05	▲66.86% 5.54% vs 3.32%	▲13.33% \$645.83 vs \$569.85
/simple-responsive-font-size-calculator/	▲42.06% 179 vs 126	▲47.25% 134 vs 91	▼-5.75% 88.27% vs 93.65%	▲6.35% 1.17 vs 1.10	▲244.47% 1:10 vs 0:20	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00
/adding-recaptcha-3-to-elementor-forms/	▲8.82% 148 vs 136	▲10.92% 132 vs 119	▲3.85% 93.92% vs 90.44%	▼-3.30% 1.09 vs 1.13	▲21.68% 0:31 vs 0:25	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00
/wom-delivery/	▼-42.86% 104 vs 182	▼-27.66% 34 vs 47	▼-6.02% 55.77% vs 59.34%	▲8.54% 2.95 vs 2.72	▼-30.08% 1:07 vs 1:35	▼-100.00% 0.00% vs 2.20%	▼-100.00% \$0.00 vs \$113.97
/pre-post-launch-checklist-for-successful-website-go-lives/	▲30.65% 81 vs 62	▲22.50% 49 vs 40	▲8.93% 91.36% vs 83.87%	▼-39.48% 1.26 vs 2.08	▼-22.07% 0:47 vs 1:00	▼-71.30% 3.70% vs 12.90%	0.00% \$37.99 vs \$37.99
/podcast/the-friday-email-probably-the-worlds-greatest-hack-with-nathan-ingram	∞ 60 vs 0	∞ 37 vs 0	∞ 93.33% vs 0.00%	∞ 1.12 vs 0.00	∞ 0:41 vs 0:00	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00
/wom-checkout/	0.00% 41 vs 41	▼-40.00% 6 vs 10	▼-8.70% 51.22% vs 56.10%	▲17.00% 2.85 vs 2.44	▼-7.25% 3:11 vs 3:26	▲50.00% 14.63% vs 9.76%	▲50.00% \$227.94 vs \$151.96

LANDING PAGE ▲	SESSIONS	NEW USERS	BOUNCE RATE	PAGES / SESSION	AVG. SESSION DURATION	GOAL CONVERSION RATE	GOAL VALUE
/what-is-a-white-label-partner-how-does-it-benefit-my-agency-and-how-do-i-choose-one/	▲2. 78% 37 vs 36	▲3. 70% 28 vs 27	▲12.50% 100.00% vs 88.89%	▼-20. 00% 1.00 vs 1. 25	▼-100. 00% 0:00 vs 0:56	0.00% 0.00% vs 0. 00%	0.00% \$0.00 vs \$0.00

TOP SOCIAL NETWORK REFERRALS

SESSIONS

SOCIAL NETWORK ▲	SESSIONS	PAGE VIEWS	AVG. SESSION DURATION	PAGES / SESSION	GOAL CONVERSION RATE	GOAL VALUE
Facebook	▼-52.57% 351 vs 740	▼-55.23% 621 vs 1,387	▼-1.14% 1:49 vs 1:50	▼-5.61% 1.77 vs 1.87	▲22.98% 3.99% vs 3.24%	▼-55.03% \$303.92 vs \$675.77
YouTube	▲75.00% 7 vs 4	▲400.00% 20 vs 4	∞ 5:54 vs 0:00	▲185.71% 2.86 vs 1.00	∞ 14.29% vs 0.00%	∞ \$37.99 vs \$0.00
Twitter	▲150.00% 5 vs 2	▲275.00% 15 vs 4	▼-9.43% 4:54 vs 5:25	▲50.00% 3.00 vs 2.00	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00
LinkedIn	▼-100.00% 0 vs 1	▼-100.00% 0 vs 1	0.00% 0:00 vs 0:00	▼-100.00% 0.00 vs 1.00	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00
Pocket	▼-100.00% 0 vs 1	▼-100.00% 0 vs 3	▼-100.00% 0:00 vs 1:28	▼-100.00% 0.00 vs 3.00	0.00% 0.00% vs 0.00%	0.00% \$0.00 vs \$0.00

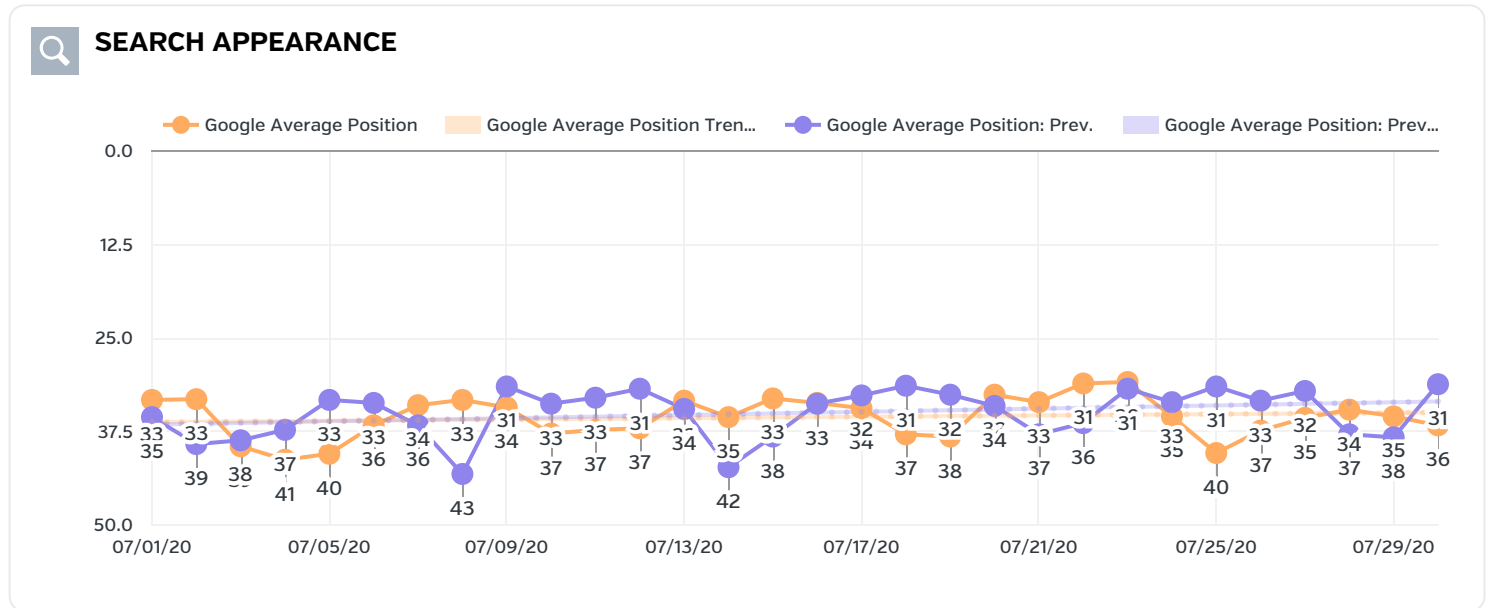
TOP EVENTS

SESSIONS

No results found.

Search Analytics - Search Appearance

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



CLICKS

990
PREVIOUS: 1,089
▼-9.09%

IMPRESSIONS

38,312
PREVIOUS: 35,217
▲8.79%

CTR

2.58
PREVIOUS: 3.09
▼-16.50%

POSITION

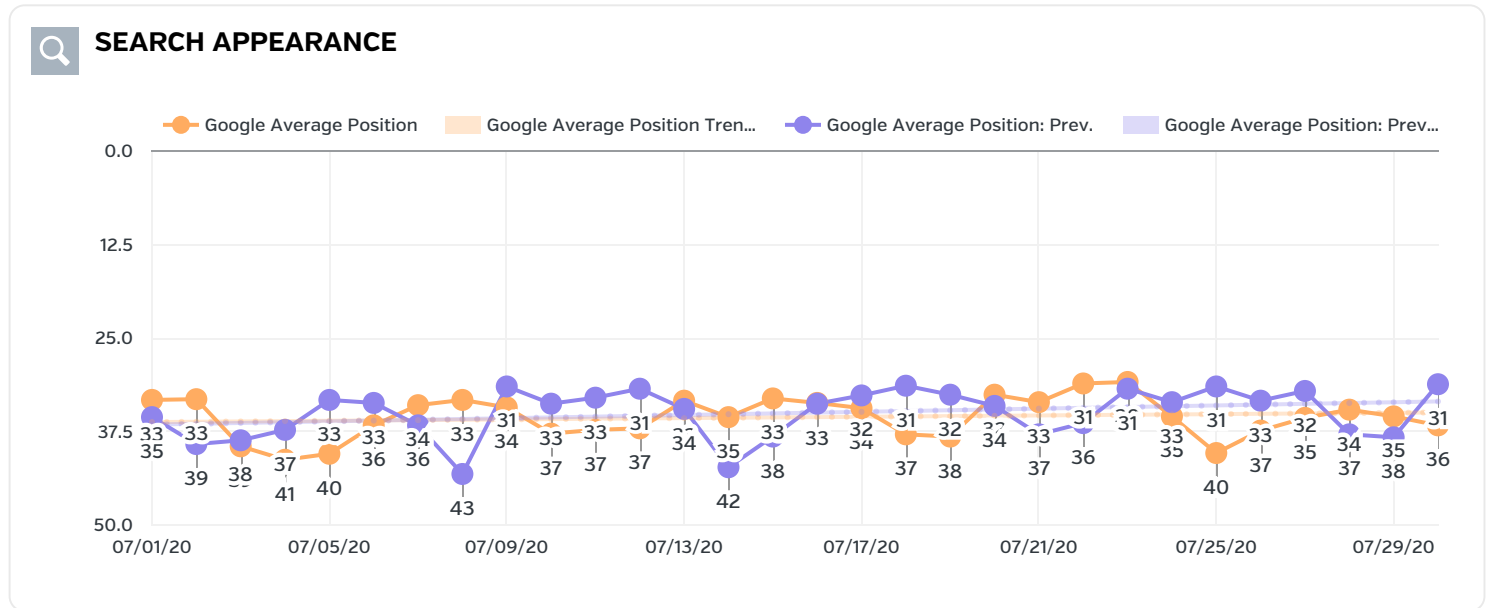
35.30
PREVIOUS: 34.60
▼-2.02%

SEARCH APPEARANCE

SEARCH APPEARANCE	CLICKS	IMPRESSIONS	CTR	POSITION	POSITION Δ
VIDEO	71	1,431	4.96%	32.9	▼20.3
WEBLITE	--	2	0%	4.5	▲8.1

Search Analytics - Search Appearance

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



CLICKS

990
PREVIOUS: 1,089
▼-9.09%

IMPRESSIONS

38,312
PREVIOUS: 35,217
▲8.79%

CTR

2.58
PREVIOUS: 3.09
▼-16.50%

POSITION

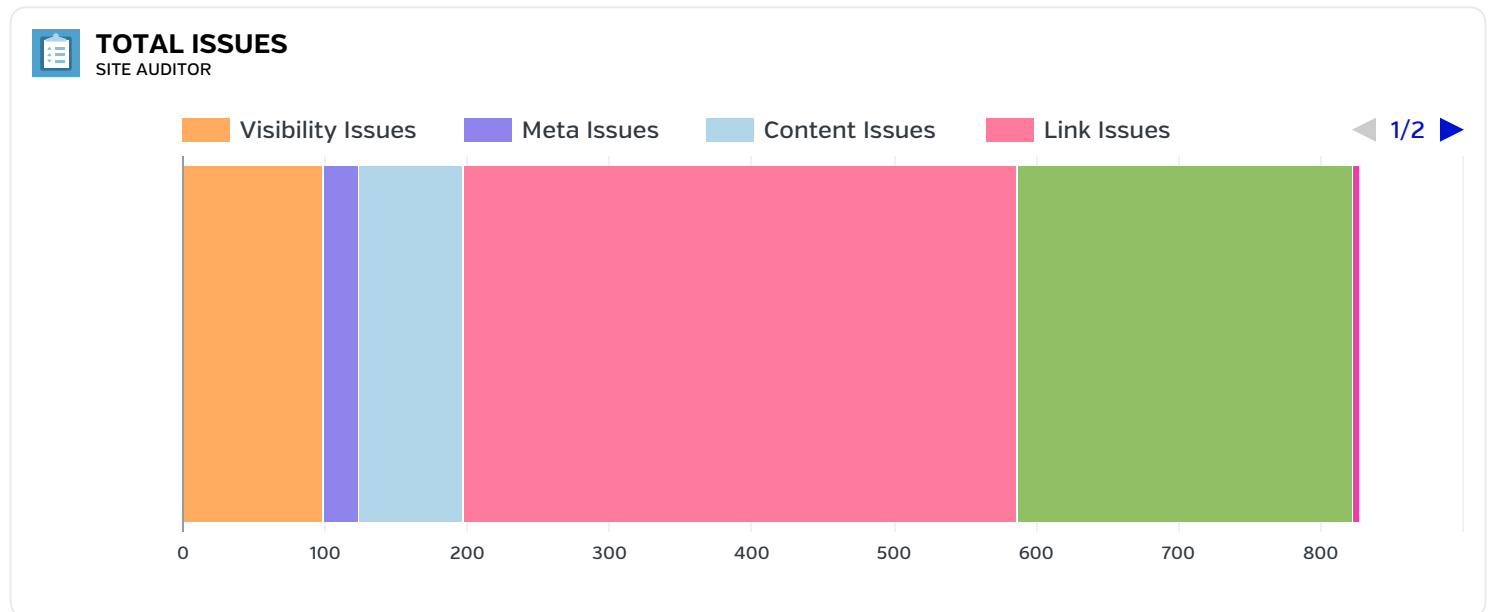
35.30
PREVIOUS: 34.60
▼-2.02%

SEARCH APPEARANCE

SEARCH APPEARANCE	CLICKS	IMPRESSIONS	CTR	POSITION	POSITION Δ
VIDEO	71	1,431	4.96%	32.9	▼20.3
WEBLITE	--	2	0%	4.5	▲8.1

Site Auditor - Summary

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



TOTAL ISSUES
SITE AUDITOR

827

VISIBILITY ISSUES
SITE AUDITOR

99

META ISSUES
SITE AUDITOR

25

CONTENT ISSUES
SITE AUDITOR

73

LINK ISSUES
SITE AUDITOR

390

IMAGE ISSUES
SITE AUDITOR

235

SEMANTIC ISSUES
SITE AUDITOR

5

BLOCKED PAGES
SITE AUDITOR

0



VISIBILITY ISSUES

SITE AUDITOR

PAGE	URL	BLOCKED BY ROBOTS.TXT	BLOCKED BY NOINDEX	STATUS	PAGES
--	https://theadminbar.com/sign-up/	No	Yes	200 - OK	232
--	https://theadminbar.com/group/	No	No	301 - Moved Permanently	33
--	https://theadminbar.com/cdn-cgi/l/email-protection	No	Yes	200 - OK	232
--	https://theadminbar.com/my-account/lost-password/	No	Yes	200 - OK	1
--	https://theadminbar.com/wom-delivery/	No	Yes	200 - OK	1
--	https://theadminbar.com/project-huddle	No	No	301 - Moved Permanently	2
--	https://theadminbar.com/wpcm	No	No	301 - Moved Permanently	2
--	https://theadminbar.com/author/skvandeusen/	No	Yes	200 - OK	26
--	https://theadminbar.com/seohive/	No	No	301 - Moved Permanently	1
--	https://theadminbar.com/seohive	No	No	301 - Moved Permanently	2

PAGE TITLE ▲	URL	TITLE	DUPLICATE	META DESCRIPTION	META	DUPLICATE	GA
		LENGTH	TITLE		LENGTH	META	
38+ Services to Increase Your Care Plan Recurring Revenue	https://theadminbar.com/38-services-to-increase-your-website-care-plan-recurring-revenue/	57	No	More services = more recurring revenue. Learn how you can increase your prices and earn more recurring revenue for your agency.	127	No	Yes
5 Ways to Re-Purpose Funnel Packs - The Admin Bar	https://theadminbar.com/5-ways-to-re-purpose-funnel-packs/	49	No	It's no secret, Pete and I are both huge fans of Funnel Packs. The core offering is already of tremendous value-- but what if we could put a few extra miles on each pack? In this video Pete and I discuss 5 ways you can re-purpose Funnel Packs in your...	>250	No	Yes
A Small Book with a BIG Impact - The Admin Bar	https://theadminbar.com/a-small-book-with-a-big-impact/	46	No	Over ten years ago I sat down on my back patio, the summer sun beating down on me and cracked open the pages of How to Be a Graphic Designer without Losing Your Soul for the first time. I actually remember that day, it made that much of an impact!...	249	No	Yes
A Soloprenuer's Guide by Jim Galiano – The Admin Bar	https://theadminbar.com/products/a-solopreneurs-guide/	52	No	Learn about Jim's course, A Soloprenuer's Guide, and how he's been able to grow his agency with proven techniques for the soloprenuer.	134	No	Yes
A Soloprenuer's Guide: Course Review - The Admin Bar	https://theadminbar.com/a-solopreneurs-guide-course-review/	52	No	It took just a little over 48 hours for me to make my way through the entire "A Soloprenuer's Guide" course by Jim Galiano. To be clear, not because it's short (it's actually quite in-depth!) but because I watch everything on 2X speed, and I dedicated quite a few hours...	>250	No	Yes
A Unique Way to Say "Thanks" - The Admin Bar	https://theadminbar.com/a-unique-way-to-say-thanks/	44	No	Ever since we had Jason Resneck on the show a while back talking about "pro-active word of mouth marketing" I've been putting a lot of thought into the question he asked: "What is your word-of-mouth strategy?" One of the ways I knew I needed to up my game was thanking...	>250	No	Yes
Adam Hempenstall from Better Proposals on The Admin Bar	https://theadminbar.com/guests/adam-hempenstall/	55	No	Meet Adam and learn more about his amazing proposal software Better Proposals.	78	No	Yes
Adam Lacey from Split Hero on The	https://theadminbar.com/guests/adam-lacey/	51	No	Meet Adam from Split Hero– the #1 way to A/B test your WordPress websites! Adam tells us all about it.	102	No	Yes

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
Admin Bar Podcast							
Adam Preiser / WPCrafter on The Admin Bar podcast	https://theadminbar.com/guests/adam-preiser/	49	No	See Adam Preiser from WPCrafter on The Admin Bar podcast.	57	No	Yes
Adam Silver - The Admin Bar	https://theadminbar.com/guests/adam-silver/	27	No	The Admin Bar welcomes guest Adam Silver to the podcast.	56	No	Yes



TITLE	CANONICAL URL	INTERNAL	EXTERNAL	WORD COUNT	DUPLICATE CONTENT
WordPress Podcast & Community The Admin Bar	https://theadminbar.com/	96	4	580	No
38+ Services to Increase Your Care Plan Recurring Revenue	https://theadminbar.com/38-services-to-increase-your-website-care-plan-recurring-revenue/	88	30	3092	No
5 Ways to Re-Purpose Funnel Packs - The Admin Bar	https://theadminbar.com/5-ways-to-re-purpose-funnel-packs/	82	6	503	No
A Small Book with a BIG Impact - The Admin Bar	https://theadminbar.com/a-small-book-with-a-big-impact/	79	8	824	No
SEOHive Behind Scenes Look at the Productized SEO Service	https://theadminbar.com/a-sneak-peek-inside-seohive/	128	16	5461	No
A Soloprenuer's Guide: Course Review - The Admin Bar	https://theadminbar.com/a-soloprenuers-guide-course-review/	83	7	2040	No
A Unique Way to Say "Thanks" - The Admin Bar	https://theadminbar.com/a-unique-way-to-say-thanks/	82	8	994	No
Adding reCAPTCHA 3 to Elementor Forms The Admin Bar	https://theadminbar.com/adding-recaptcha-3-to-elementor-forms/	83	8	726	No
Affiliate Agreement - The Admin Bar	https://theadminbar.com/affiliate-agreement/	65	4	1330	No
Affiliate Policy - The Admin Bar	https://theadminbar.com/affiliate-policy/	65	4	327	No



LINK ISSUES

SITE AUDITOR

URL	TYPE	TEXT	BROKEN	NOFOLLOW
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No
https://theadminbar.com	Image	The Admin Bar	No	No

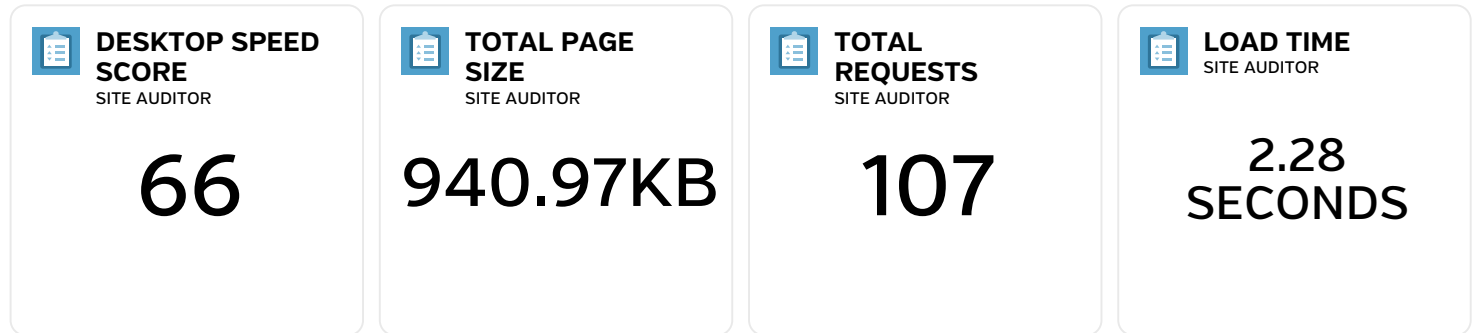
PAGE	FILENAME	ALT TEXT	TITLE TEXT	BROKEN	SIZE
38+ Services to Increase Your Care Plan Recurring Revenue	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
5 Ways to Re-Purpose Funnel Packs - The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
A Small Book with a BIG Impact - The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
A Soloprenuer's Guide by Jim Galiano – The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
A Soloprenuer's Guide: Course Review - The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
A Unique Way to Say “Thanks” - The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
Adam Hempenstall from Better Proposals on The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
Adam Lacey from Split Hero on The Admin Bar Podcast	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
Adam Preiser / WPCrafter on The Admin Bar podcast	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB
Adam Silver - The Admin Bar	https://www.facebook.com/tr?id=796210584104209&ev=PageView&noscript=1	fbpx	No Text	No	OKB









URL	H1	H2	H3	ITEMS	TYPES
https://theadminbar.com	1	5	9	2	WebPage,CreativeWork
https://theadminbar.com/38-services-to-increase-your-website-care-plan-recuring-revenue/	1	6	9	1	Blog
https://theadminbar.com/5-ways-to-re-purpose-funnel-packs/	1	3	8	1	Blog
https://theadminbar.com/a-small-book-with-a-big-impact/	1	3	8	1	Blog
https://theadminbar.com/a-sneak-peek-inside-seohive/	1	12	27	1	Blog
https://theadminbar.com/a-solopreneurs-guide-course-review/	1	8	8	1	Blog
https://theadminbar.com/a-unique-way-to-say-thanks/	1	3	9	1	Blog
https://theadminbar.com/adding-recaptcha-3-to-elementor-forms/	1	3	10	1	Blog
https://theadminbar.com/affiliate-agreement/	1	3	9	2	WebPage,CreativeWork
https://theadminbar.com/affiliate-policy/	1	2	--	2	WebPage,CreativeWork








Site Auditor - Desktop Page Speed









07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]















GRADE [▲]	DESCRIPTION
	First Meaningful Paint First Meaningful Paint measures when the primary content of a page is visible. [Learn more] . 1.9 s
	First Contentful Paint First Contentful Paint marks the time at which the first text or image is painted. [Learn more] . 1.9 s
	Speed Index Speed Index shows how quickly the contents of a page are visibly populated. [Learn more] . 2.3 s
	Largest Contentful Paint Largest Contentful Paint marks the time at which the largest text or image is painted. [Learn More] 2.1 s
	Time to Interactive Time to interactive is the amount of time it takes for the page to become fully interactive. [Learn more] . 3.9 s
	Serve static assets with an efficient cache policy A long cache lifetime can speed up repeat visits to your page. [Learn more] . 84 resources found

GRADE ▲	DESCRIPTION
	https://blacklivesmatter.support/js/blms.js
	https://ajax.cloudflare.com/cdn-cgi/scripts/7089c43e/cloudflare-static/rocket-loader.min.js
	https://theadminbar.com/cdn-cgi/scripts/5c5dd728/cloudflare-static/email-decode.min.js
	https://static.mailerlite.com/js/universal.js?v1595927
	https://static.mailerlite.com/data/a/1335/1335872/universal/q7v6w0m4x0_popups.js?v=1595927404
	https://static.mailerlite.com/css/universal.css?v4
	https://cdn.shortpixel.ai/spai/q_lossy+ret_img/https://theadminbar.com/wp-content/uploads/2019/12/foosball.jpg
	https://cdn.shortpixel.ai/spai/w_354+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2019/03/kyle-and-matt.jpg
	https://cdn.shortpixel.ai/spai/w_354+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2019/03/home-social-share-23-1024x1024.png
	https://cdn.shortpixel.ai/spai/w_69+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2018/09/SQUARE-LOGO.png
	https://cdn.shortpixel.ai/spai/ret_img/https://theadminbar.com/wp-content/plugins/webarx//assets/images/icon.svg
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.7.0
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2
	https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js
	https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-frontend.min.css?ver=1.25.2
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6
	https://theadminbar.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp
	https://theadminbar.com/wp-content/cache/busting/1/gtm-16d8f5415b4d7a27f2c7ff552713b728.js
	https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=2.9.14
	https://theadminbar.com/wp-includes/css/dashicons.min.css?ver=5.4.2
	https://theadminbar.com/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=2.10.3
	https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-events-en_US-2.9.22.js
	https://theadminbar.com/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=2.10.3
	https://theadminbar.com/wp-content/cache/busting/google-tracking/ga-871c39943ac31c498d591a714a31212c.js
	https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=2.9.14
	https://theadminbar.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/style.css?ver=2.7.2
	https://theadminbar.com/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=2.9.14
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=2.9.14
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.12.0
	https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-plugin-identity-2.9.22.js
	https://theadminbar.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=4.3.1
	https://theadminbar.com/wp-content/plugins/shortpixel-adaptive-images/assets/js/ai.min.js?ver=2.0.3
	https://theadminbar.com/wp-content/themes/generatepress/css/all.min.css?ver=2.4.2
	https://theadminbar.com/wp-includes/css/dist/block-library/style.min.css?ver=5.4.2
	https://theadminbar.com/wp-content/plugins/elementor-pro/assets/lib/smartmenus/jquery.smartmenus.min.js?ver=1.0.1
	https://theadminbar.com/wp-content/plugins/happy-elementor-addons/assets/vendor/anime/lib/anime.min.js?ver=2.13.0
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/font-awesome.min.css?ver=4.7.0
	https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-woocommerce.min.css?ver=1.25.2

GRADE ▲	DESCRIPTION
	<p>Preload key requests Consider using <code>~</code> to prioritize fetching resources that are currently requested later in page load. [Learn more].</p> <p>Potential savings of 140 ms</p> <pre>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.7.0</pre>
	<p>Remove unused CSS Remove dead rules from stylesheets and defer the loading of CSS not used for above-the-fold content to reduce unnecessary bytes consumed by network activity. [Learn more].</p> <p>Potential savings of 142 KiB</p> <pre>https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-frontend.min.css?ver=1.25.2</pre> <pre>https://theadminbar.com/wp-includes/css/dashicons.min.css?ver=5.4.2</pre> <pre>https://theadminbar.com/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=2.10.3</pre> <pre>https://theadminbar.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/style.css?ver=2.7.2</pre> <pre>https://theadminbar.com/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=2.9.14</pre> <pre>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=2.9.14</pre> <pre>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.12.0</pre>
	<p>Minimizes main-thread work Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more]</p> <p>1.7 s</p>
	<p>First CPU Idle First CPU Idle marks the first time at which the page's main thread is quiet enough to handle input. [Learn more].</p> <p>2.1 s</p>
	<p>Avoids an excessive DOM size A large DOM will increase memory usage, cause longer [style calculations], and produce costly [layout reflows]. [Learn more].</p> <p>683 elements</p>
	<p>Max Potential First Input Delay The maximum potential First Input Delay that your users could experience is the duration of the longest task. [Learn more].</p> <p>80 ms</p>
	<p>JavaScript execution time Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more].</p> <p>0.7 s</p>

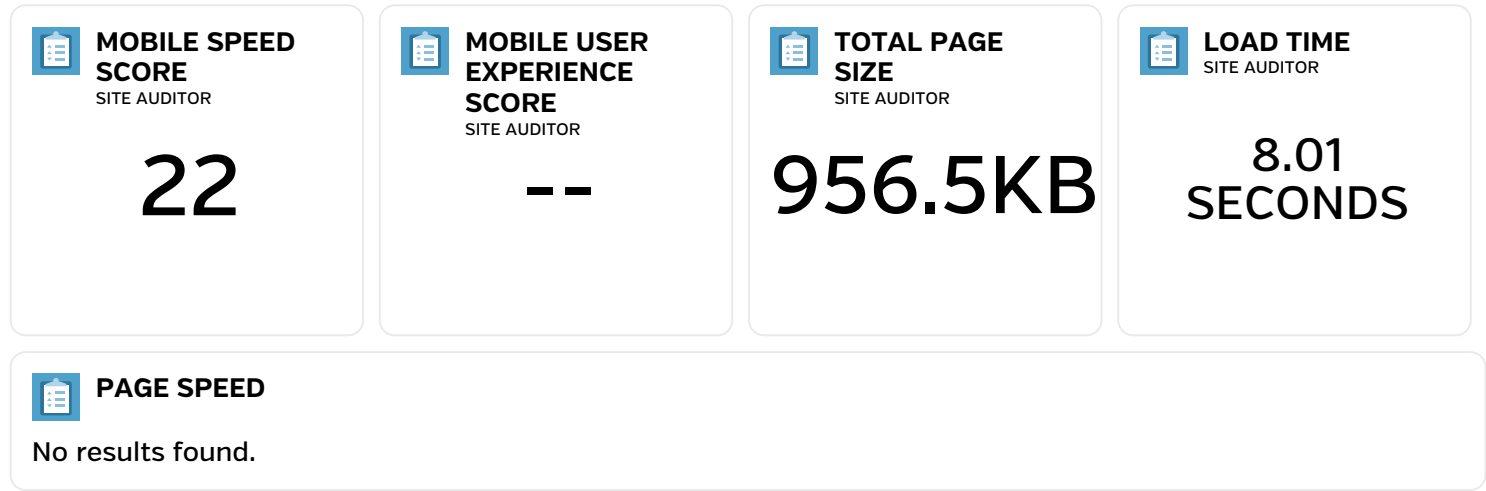
GRADE ▲	DESCRIPTION
	<p>https://theadminbar.com/</p> <p>https://ajax.cloudflare.com/cdn-cgi/scripts/7089c43e/cloudflare-static/rocket-loader.min.js</p> <p>https://theadminbar.com/wp-content/plugins/shortpixel-adaptive-images/assets/js/ai.min.js?ver=2.0.3</p> <p>Unattributable</p>
	<p>Total Blocking Time Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds. [Learn more].</p> <p>90 ms</p>
	<p>Minify CSS Minifying CSS files can reduce network payload sizes. [Learn more].</p>
	<p>Defer offscreen images Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn more].</p>
	<p>Preconnect to required origins Consider adding `preconnect` or `dns-prefetch` resource hints to establish early connections to important third-party origins. [Learn more].</p>
	<p>Uses passive listeners to improve scrolling performance Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance. [Learn more].</p>
	<p>Eliminate render-blocking resources Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn more].</p>
	<p>Minimize third-party usage Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. [Learn more].</p> <p>Third-party code blocked the main thread for 160 ms</p> <p>https://www.cloudflare.com/website-optimization/</p> <p>https://fonts.google.com/</p> <p>https://cdnjs.com/</p> <p>https://www.google.com/analytics/analytics/</p> <p>https://www.doubleclickbygoogle.com/</p> <p>https://www.facebook.com</p>
	<p>Initial server response time was short Keep the server response time for the main document short because all other requests depend on it. [Learn more].</p> <p>Root document took 200 ms</p>

GRADE ▲	DESCRIPTION
	<p>Avoids enormous network payloads Large network payloads cost users real money and are highly correlated with long load times. [Learn more].</p> <p>Total size was 941 KiB</p> <pre> https://theadminbar.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.7.0 https://cdn.shortpixel.ai/spai/q_lossy+ret_img/https://theadminbar.com/wp-content/uploads/2019/12/foosball.jpg https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2 https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-frontend.min.css?ver=1.25.2 https://theadminbar.com/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6 https://theadminbar.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp https://theadminbar.com/wp-content/cache/busting/1/gtm-16d8f5415b4d7a27f2c7ff552713b728.js https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=2.9.14 https://theadminbar.com/ </pre>
	<p>Minify JavaScript Minifying JavaScript files can reduce payload sizes and script parse time. [Learn more].</p> <p>Potential savings of 10 KiB</p> <pre> https://cdnjs.cloudflare.com/ajax/libs/wavesurfer.js/1.4.0/wavesurfer.js?ver=fa8359129b99466ccba685a1ffe3da90 https://theadminbar.com/wp-content/plugins/wpfomify/assets/js/frontend.js?ver=2.1.1.2 </pre>
	<p>Use video formats for animated content Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes. [Learn more]</p>
	<p>Avoid multiple page redirects Redirects introduce additional delays before the page can be loaded. [Learn more].</p>
	<p>Cumulative Layout Shift Cumulative Layout Shift measures the movement of visible elements within the viewport. [Learn more].</p> <p>0.001</p>
	<p>Estimated Input Latency Estimated Input Latency is an estimate of how long your app takes to respond to user input, in milliseconds, during the busiest 5s window of page load. If your latency is higher than 50 ms, users may perceive your app as laggy. [Learn more].</p> <p>10 ms</p>
	<p>Properly size images Serve images that are appropriately-sized to save cellular data and improve load time. [Learn more].</p> <p>Potential savings of 2 KiB</p> <pre> https://theadminbar.com/wp-content/uploads/2019/09/wom-cover-2-100x100.png </pre>

GRADE ▲	DESCRIPTION
	<p>Enable text compression Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn more].</p>
	<p>Serve images in next-gen formats Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn more].</p>
	<p>Remove unused JavaScript Remove unused JavaScript to reduce bytes consumed by network activity. [Learn more].</p> <p>Potential savings of 65 KiB</p> <div style="background-color: #f0f0f0; padding: 5px;"> <p>https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js</p> <p>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6</p> </div>
	<p>Efficiently encode images Optimized images load faster and consume less cellular data. [Learn more].</p>
	<p>Avoids `document.write()` For users on slow connections, external scripts dynamically injected via `document.write()` can delay page load by tens of seconds. [Learn more].</p>

Site Auditor - Mobile Page Speed





07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]






PAGE SPEED









GRADE ▲	DESCRIPTION
	First Contentful Paint (3G) First Contentful Paint 3G marks the time at which the first text or image is painted while on a 3G network. [Learn more]. 12945 ms
	Largest Contentful Paint Largest Contentful Paint marks the time at which the largest text or image is painted. [Learn More] 7.1 s
	Estimated Input Latency Estimated Input Latency is an estimate of how long your app takes to respond to user input, in milliseconds, during the busiest 5s window of page load. If your latency is higher than 50 ms, users may perceive your app as laggy. [Learn more]. 180 ms
	Time to Interactive Time to interactive is the amount of time it takes for the page to become fully interactive. [Learn more]. 13.6 s
	Max Potential First Input Delay The maximum potential First Input Delay that your users could experience is the duration of the longest task. [Learn more]. 470 ms
	First Meaningful Paint First Meaningful Paint measures when the primary content of a page is visible. [Learn more]. 6.3 s
	First Contentful Paint First Contentful Paint marks the time at which the first text or image is painted. [Learn more]. 6.3 s
	Minimize main-thread work Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more] 6.2 s
	Speed Index Speed Index shows how quickly the contents of a page are visibly populated. [Learn more]. 8.0 s
	First CPU Idle First CPU Idle marks the first time at which the page's main thread is quiet enough to handle input. [Learn more]. 8.7 s

GRADE ▲	DESCRIPTION
	<p>Total Blocking Time Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds. [Learn more].</p> <p>770 ms</p>
	<p>Remove unused CSS Remove dead rules from stylesheets and defer the loading of CSS not used for above-the-fold content to reduce unnecessary bytes consumed by network activity. [Learn more].</p> <p>Potential savings of 143 KiB</p> <pre data-bbox="282 541 1430 873"> https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-frontend.min.css?ver=1.25.2 https://theadminbar.com/wp-includes/css/dashicons.min.css?ver=5.4.2 https://theadminbar.com/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=2.10.3 https://theadminbar.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/style.css?ver=2.7.2 https://theadminbar.com/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=2.9.14 https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=2.9.14 https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.12.0 </pre>
	<p>Remove unused JavaScript Remove unused JavaScript to reduce bytes consumed by network activity. [Learn more].</p> <p>Potential savings of 65 KiB</p> <pre data-bbox="282 1045 1360 1129"> https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js https://theadminbar.com/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6 </pre>
	<p>Reduce JavaScript execution time Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn more].</p> <p>2.9 s</p> <pre data-bbox="282 1329 1360 1850"> https://theadminbar.com/ https://ajax.cloudflare.com/cdn-cgi/scripts/7089c43e/cloudflare-static/rocket-loader.min.js https://theadminbar.com/wp-content/plugins/shortpixel-adaptive-images/assets/js/ai.min.js?ver=2.0.3 Unattributable https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=2.9.14 https://theadminbar.com/wp-content/cache/busting/google-tracking/ga-871c39943ac31c498d591a714a31212c.js https://theadminbar.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-events-en_US-2.9.22.js https://theadminbar.com/wp-content/cache/busting/1/gtm-16d8f5415b4d7a27f2c7ff552713b728.js https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=2.9.14 </pre>

GRADE ▲	DESCRIPTION
	<p data-bbox="280 180 951 216">Serve static assets with an efficient cache policy</p> <p data-bbox="280 216 1036 243">A long cache lifetime can speed up repeat visits to your page. [Learn more].</p> <p data-bbox="280 285 477 312">83 resources found</p>

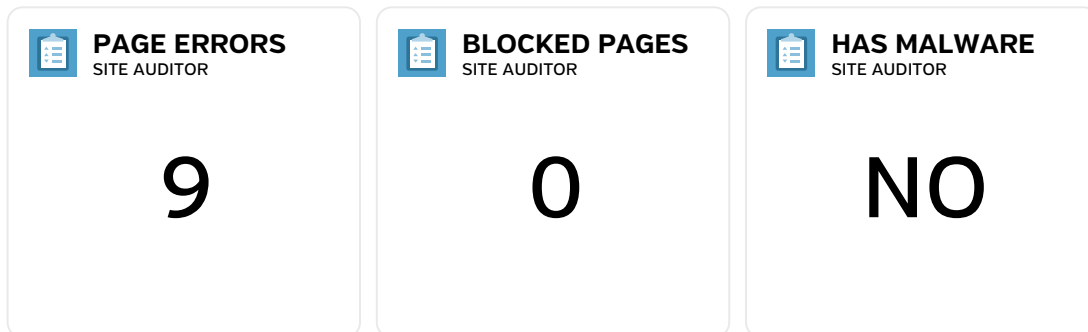
GRADE ▲	DESCRIPTION
	https://blacklivesmatter.support/js/blms.js
	https://ajax.cloudflare.com/cdn-cgi/scripts/7089c43e/cloudflare-static/rocket-loader.min.js
	https://theadminbar.com/cdn-cgi/scripts/5c5dd728/cloudflare-static/email-decode.min.js
	https://static.mailerlite.com/js/universal.js?v1595927
	https://static.mailerlite.com/data/a/1335/1335872/universal/q7v6w0m4x0_popups.js?v=1595927415
	https://static.mailerlite.com/css/universal.css?v4
	https://cdn.shortpixel.ai/spai/w_790+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2019/03/kyle-and-matt.jpg
	https://cdn.shortpixel.ai/spai/q_lossy+ret_img/https://theadminbar.com/wp-content/uploads/2019/12/foosball.jpg
	https://cdn.shortpixel.ai/spai/w_79+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2018/09/SQUARE-LOGO.png
	https://cdn.shortpixel.ai/spai/ret_img/https://theadminbar.com/wp-content/plugins/webarx//assets/images/icon.svg
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.7.0
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2
	https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js
	https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-frontend.min.css?ver=1.25.2
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6
	https://theadminbar.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp
	https://theadminbar.com/wp-content/cache/busting/1/gtm-16d8f5415b4d7a27f2c7ff552713b728.js
	https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=2.9.14
	https://theadminbar.com/wp-includes/css/dashicons.min.css?ver=5.4.2
	https://theadminbar.com/wp-content/plugins/elementor-pro/assets/js/frontend.min.js?ver=2.10.3
	https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-events-en_US-2.9.22.js
	https://theadminbar.com/wp-content/plugins/elementor-pro/assets/css/frontend.min.css?ver=2.10.3
	https://theadminbar.com/wp-content/cache/busting/google-tracking/ga-871c39943ac31c498d591a714a31212c.js
	https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend-modules.min.js?ver=2.9.14
	https://theadminbar.com/wp-content/plugins/woocommerce/packages/woocommerce-blocks/build/style.css?ver=2.7.2
	https://theadminbar.com/wp-content/plugins/elementor/assets/css/frontend.min.css?ver=2.9.14
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=2.9.14
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.12.0
	https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-plugin-identity-2.9.22.js
	https://theadminbar.com/wp-content/plugins/woocommerce/assets/css/woocommerce.css?ver=4.3.1
	https://theadminbar.com/wp-content/plugins/shortpixel-adaptive-images/assets/js/ai.min.js?ver=2.0.3
	https://theadminbar.com/wp-content/themes/generatepress/css/all.min.css?ver=2.4.2
	https://theadminbar.com/wp-includes/css/dist/block-library/style.min.css?ver=5.4.2
	https://theadminbar.com/wp-content/plugins/elementor-pro/assets/lib/smartmenus/jquery.smartmenus.min.js?ver=1.0.1
	https://theadminbar.com/wp-content/plugins/happy-elementor-addons/assets/vendor/anime/lib/anime.min.js?ver=2.13.0
	https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/font-awesome.min.css?ver=4.7.0
	https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-woocommerce.min.css?ver=1.25.2
	https://theadminbar.com/wp-content/uploads/2019/09/wom-cover-2-100x100.png

GRADE ▲	DESCRIPTION
	<p>Avoids an excessive DOM size A large DOM will increase memory usage, cause longer [style calculations], and produce costly [layout reflows]. [Learn more].</p> <p>683 elements</p>
	<p>Enable text compression Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn more].</p>
	<p>Minify JavaScript Minifying JavaScript files can reduce payload sizes and script parse time. [Learn more].</p> <p>Potential savings of 10 KiB</p> <pre data-bbox="282 632 1377 716">https://cdnjs.cloudflare.com/ajax/libs/wavesurfer.js/1.4.0/wavesurfer.js?ver=fa8359129b99466ccba685a1ffe3da90 https://theadminbar.com/wp-content/plugins/wpfomify/assets/js/frontend.js?ver=2.1.1.2</pre>
	<p>Preload key requests Consider using <code><link rel=</code> to prioritize fetching resources that are currently requested later in page load. [Learn more].</p>
	<p>Avoids <code>document.write()</code> For users on slow connections, external scripts dynamically injected via <code>document.write()</code> can delay page load by tens of seconds. [Learn more].</p>
	<p>Uses passive listeners to improve scrolling performance Consider marking your touch and wheel event listeners as <code>passive</code> to improve your page's scroll performance. [Learn more].</p>
	<p>Preconnect to required origins Consider adding <code>preconnect</code> or <code>dns-prefetch</code> resource hints to establish early connections to important third-party origins. [Learn more].</p>
	<p>Initial server response time was short Keep the server response time for the main document short because all other requests depend on it. [Learn more].</p> <p>Root document took 130 ms</p>
	<p>Properly size images Serve images that are appropriately-sized to save cellular data and improve load time. [Learn more].</p> <p>Potential savings of 8 KiB</p> <pre data-bbox="282 1528 1474 1591">https://cdn.shortpixel.ai/spai/w_790+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2019/03/kyle-and-matt.jpg</pre>
	<p>Avoids enormous network payloads Large network payloads cost users real money and are highly correlated with long load times. [Learn more].</p> <p>Total size was 957 KiB</p>

GRADE ▲	DESCRIPTION
	<p>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.7.0</p> <p>https://cdn.shortpixel.ai/spai/q_lossy+ret_img/https://theadminbar.com/wp-content/uploads/2019/12/foosball.jpg</p> <p>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2</p> <p>https://theadminbar.com/wp-content/cache/busting/facebook-tracking/fbpix-config-796210584104209-2.9.22.js</p> <p>https://theadminbar.com/wp-content/plugins/ultimate-elementor/assets/min-css/uael-frontend.min.css?ver=1.25.2</p> <p>https://cdn.shortpixel.ai/spai/w_790+q_lossy+ret_img+to_webp/https://theadminbar.com/wp-content/uploads/2019/03/kyle-and-matt.jpg</p> <p>https://theadminbar.com/wp-content/plugins/elementor/assets/lib/swiper/swiper.min.js?ver=5.3.6</p> <p>https://theadminbar.com/wp-includes/js/jquery/jquery.js?ver=1.12.4-wp</p> <p>https://theadminbar.com/wp-content/cache/busting/1/gtm-16d8f5415b4d7a27f2c7ff552713b728.js</p> <p>https://theadminbar.com/wp-content/plugins/elementor/assets/js/frontend.min.js?ver=2.9.14</p>
	<p>Minify CSS Minifying CSS files can reduce network payload sizes. [Learn more].</p>
	<p>Use video formats for animated content Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes. [Learn more]</p>
	<p>Eliminate render-blocking resources Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn more].</p>
	<p>Avoid multiple page redirects Redirects introduce additional delays before the page can be loaded. [Learn more].</p>
	<p>Efficiently encode images Optimized images load faster and consume less cellular data. [Learn more].</p>
	<p>Cumulative Layout Shift Cumulative Layout Shift measures the movement of visible elements within the viewport. [Learn more].</p> <p>0</p>
	<p>Defer offscreen images Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn more].</p>
	<p>Serve images in next-gen formats Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. [Learn more].</p>

Site Auditor - Visibility

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]





PAGE ERRORS

SITE AUDITOR

PAGE	URL	BLOCKED BY ROBOTS.TXT	BLOCKED BY NOINDEX	STATUS	PAGES
--	https://theadminbar.com/author/skvandeusen/page/4/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/skvandeusen/page/5/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/skvandeusen/page/6/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/skvandeusen/page/7/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/skvandeusen/page/8/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/skvandeusen/page/9/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/skvandeusen/page/10/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/matt-sebert/page/2/	No	No	404 - Not Found	--
--	https://theadminbar.com/author/matt-sebert/page/3/	No	No	404 - Not Found	--



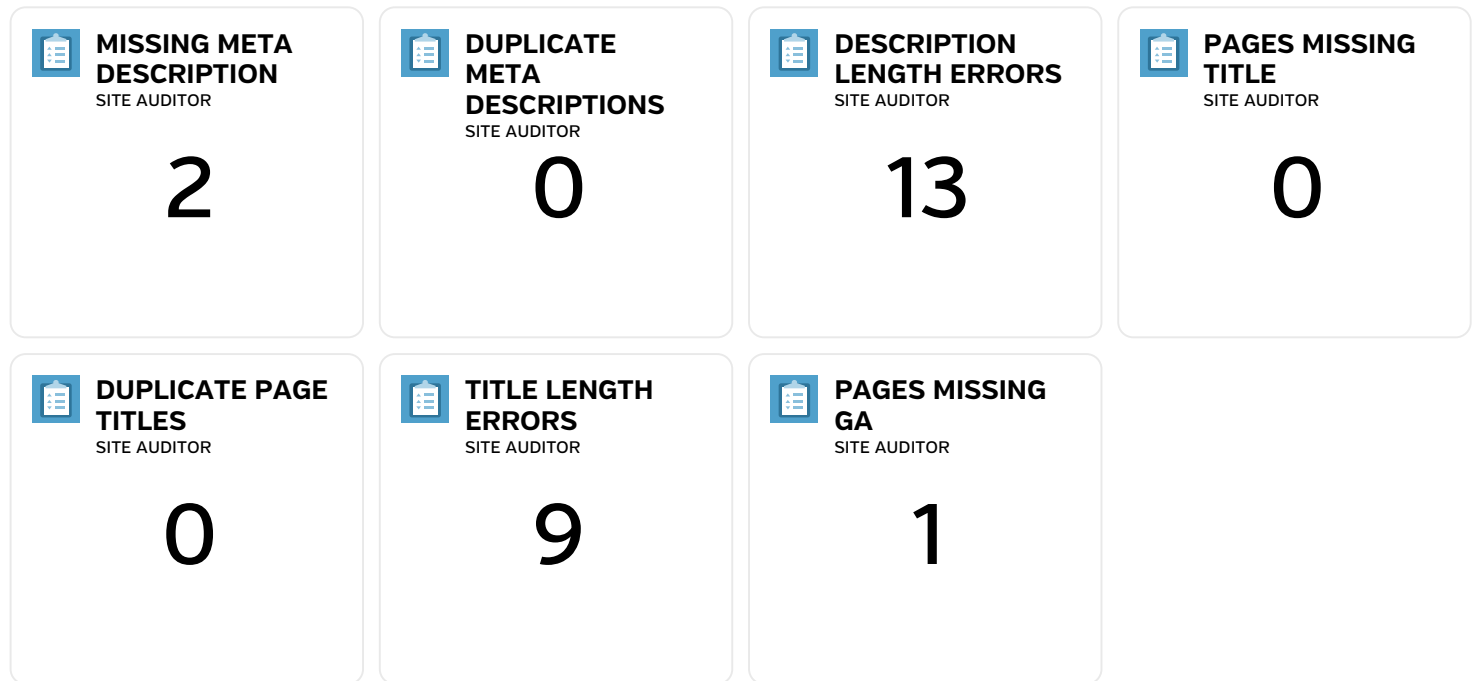
BLOCKED PAGES

SITE AUDITOR

PAGE ▲	URL	BLOCKED BY ROBOTS.TXT	BLOCKED BY NOINDEX	STATUS	PAGES
--	https://theadminbar.com/sign-up/	No	Yes	200 - OK	232
--	https://theadminbar.com/cdn-cgi/l/email-protection	No	Yes	200 - OK	232
--	https://theadminbar.com/my-account/lost-password/	No	Yes	200 - OK	1
--	https://theadminbar.com/wom-delivery/	No	Yes	200 - OK	1
--	https://theadminbar.com/author/skvandeusen/	No	Yes	200 - OK	26
--	https://theadminbar.com/author/matt-sebert/	No	Yes	200 - OK	3
--	https://theadminbar.com/author/donata-kalненаite/	No	Yes	200 - OK	1
--	https://theadminbar.com/author/oliver-martin/	No	Yes	200 - OK	1
--	https://theadminbar.com/my-account/members-area/	No	Yes	200 - OK	--
--	https://theadminbar.com/my-account/edit-account/	No	Yes	200 - OK	--

Site Auditor - Meta

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



MISSING META DESCRIPTION
SITE AUDITOR

PAGE TITLE	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
The Admin Bar	https://theadminbar.com/feed/podcast/	13	No	Missing Meta Description	--	No	No
The Website Owner's Manual (WP Care Market) - The Admin Bar	https://theadminbar.com/product/wom-care-market/	59	No	Missing Meta Description	--	No	Yes



DUPLICATE META DESCRIPTIONS

SITE AUDITOR

PAGE TITLE	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
38+ Services to Increase Your Care Plan Recurring Revenue	https://theadminbar.com/38-services-to-increase-your-website-care-plan-recurring-revenue/	57	No	More services = more recurring revenue. Learn how you can increase your prices and earn more recurring revenue for your agency.	127	No	Yes
5 Ways to Re-Purpose Funnel Packs - The Admin Bar	https://theadminbar.com/5-ways-to-re-purpose-funnel-packs/	49	No	It's no secret, Pete and I are both huge fans of Funnel Packs. The core offering is already of tremendous value-- but what if we could put a few extra miles on each pack? In this video Pete and I discuss 5 ways you can re-purpose Funnel Packs in your...	>250	No	Yes
A Small Book with a BIG Impact - The Admin Bar	https://theadminbar.com/a-small-book-with-a-big-impact/	46	No	Over ten years ago I sat down on my back patio, the summer sun beating down on me and cracked open the pages of How to Be a Graphic Designer without Losing Your Soul for the first time. I actually remember that day, it made that much of an impact!...	249	No	Yes
A Soloprenuer's Guide by Jim Galiano - The Admin Bar	https://theadminbar.com/products/a-solopreneurs-guide/	52	No	Learn about Jim's course, A Soloprenuer's Guide, and how he's been able to grow his agency with proven techniques for the soloprenuer.	134	No	Yes
A Soloprenuer's Guide: Course Review - The Admin Bar	https://theadminbar.com/a-solopreneurs-guide-course-review/	52	No	It took just a little over 48 hours for me to make my way through the entire "A Soloprenuer's Guide" course by Jim Galiano. To be clear, not because it's short (it's actually quite in-depth!) but because I watch everything on 2X speed, and I dedicated quite a few hours...	>250	No	Yes
A Unique Way to Say "Thanks" - The Admin Bar	https://theadminbar.com/a-unique-way-to-say-thanks/	44	No	Ever since we had Jason Resneck on the show a while back talking about "pro-active word of mouth marketing" I've been putting a lot of thought into the question he asked: "What is your word-of-mouth strategy?" One of the ways I knew I needed to up my game was thanking...	>250	No	Yes
Adam Hempenstall from Better Proposals on The Admin Bar	https://theadminbar.com/guests/adam-hempenstall/	55	No	Meet Adam and learn more about his amazing proposal software Better Proposals.	78	No	Yes
Adam Lacey from Split Hero on The	https://theadminbar.com/guests/adam-lacey/	51	No	Meet Adam from Split Hero- the #1 way to A/B test your WordPress websites! Adam tells us all about it.	102	No	Yes

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
Admin Bar Podcast							
Adam Preiser / WPCrafter on The Admin Bar podcast	https://theadminbar.com/guests/adam-preiser/	49	No	See Adam Preiser from WPCrafter on The Admin Bar podcast.	57	No	Yes
Adam Silver - The Admin Bar	https://theadminbar.com/guests/adam-silver/	27	No	The Admin Bar welcomes guest Adam Silver to the podcast.	56	No	Yes



DESCRIPTION LENGTH ERRORS

SITE AUDITOR

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
Affiliate Agreement - The Admin Bar	https://theadminbar.com/affiliate-agreement/	35	No	Affiliate Agreement Yey! More terms & conditions!This agreement is designed with you in mind, as well as to protect The Admin Bar and our customers. Commissions and payouts You'll earn 30% commission when a customer purchases a new copy of The Website Owner's Manual using your referral link. We pay...	>250	No	Yes
Graphic Design vs Web Design with Shane Rielly	https://theadminbar.com/podcast/graphic-design-vs-web-design/	46	No	All three of us began our design careers focusing primarily on some form of flat graphic design, be it branding, t-shirt design, or print design, but found ourselves for one reason or another leaning further into web based design as our individual businesses grew... how come? Listen/watch to find out!	>250	No	Yes
Ep. 0024: What You Need is a System The Admin Bar	https://theadminbar.com/podcast/ep-0024-what-you-need-is-a-system/	51	No	Jim Galiano lives by the motto of "less moving parts" something that I am adapting more and more each day. This approach to your agency helps give you clarity, focus, and control over all aspects from the clients you work with, to your tech stack, marketing, and income. Today we talk about how to build a better sales system... One that helps you seek out the right prospects, saves you time, AND connects with your clients better than ever before!	>250	No	Yes
Ep. 29: Client Feedback Made Easy with Vito Peleg - The Admin Bar	https://theadminbar.com/podcast/ep-29-client-feedback-made-easy/	65	No	Sometimes, when we talk to clients, it's like we're speaking an entirely different language. Not only does this make getting content, and making changes to websites difficult for us, but it's also really frustrating for your client. That's exactly what our guest, Vito Peleg, discovered when he was growing his agency. And that's what let him to ultimately develop a solution.	>250	No	Yes
Want to charge more for websites? Here's a start. - The Admin Bar	https://theadminbar.com/want-to-charge-more-for-websites-heres-a-start/	65	No	When we offer to "design" or "build" a website for potential customers, we're using a pretty generic term that doesn't actually articulate all the intricacies that go into having a proper website. To produce a website that helps a business grow, you actually need a combination of things all contributing...	>250	No	Yes
Ep. 0037: Finding Clients as a Small Town Agency	https://theadminbar.com/podcast/ep-0037-finding-clients-as-a-small-town-agency/	48	No	Jennifer Moss runs a small-town agency, and for years has dove into the challenges living and working in a small community can bring. How do you grow an agency with a limited pool of local clients? How important is your	>250	No	Yes

PAGE TITLE ^	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
				reputation? What steps has she taken to make her agency successful? Find out in this week's episode!			
Ep. 0021: How to Find & Work with Clients Remotely	https://theadminbar.com/podcast/ep-0021-how-to-find-work-with-clients-remotely/	50	No	Many of us rely on "local" business to keep us busy... but it's a big world out there, and not everyone has that luxury. This week we're talking to Davinder Singh Kainth who has been running a wildly successful agency for years- completely remote! Learn how he finds and works with clients from a distance.	>250	No	Yes
Ep. 23: How to Design High-Converting Portfolio Websites	https://theadminbar.com/podcast/ep-23-how-to-design-high-converting-portfolio-websites/	56	No	You know good design when you see it... but you can't seem to replicate it in your own work...Well, my friend Laura Elizabeth has been on a mission to teach developers (and really anyone who doesn't consider themselves a 'designer') the fundamentals of design so you can create products that solve a problem AND look great.	>250	No	Yes
EP. 17: Finishing Projects On Time & On Budget	https://theadminbar.com/podcast/ep-17-finishing-projects-on-time-on-budget/	46	No	Do you struggle to get clients on board to finish projects on time? You know all that time waiting is eating into your profits, right? . On Episode 17 of The Admin Bar we're going to visit with Beth Lyles Livingston who has the "secret sauce" to finishing projects on time & on budget! . Beth specializes in helping WordPress professionals with project management principles and techniques from proposal to final sign-off.	>250	No	Yes
Episode 0006 - Put Your Passion Into Motion - Liam Clisham	https://theadminbar.com/podcast/ep-0006-put-your-passion-into-motion/	58	No	Not everyone hits their stride the first time out of the gate. Sometimes learning to pivot and course correct as your business and skill set evolve is just as important as pushing through rough patches. This week's Admin Bar episode, we're speaking with Liam Clisham of Five31, who's done just this with his own career. We'll learn where he started, what course corrections he's made along the way, and where he finds his business now. It's quite a story!	>250	No	Yes

 **PAGES MISSING TITLE**
SITE AUDITOR

No results found.



DUPLICATE PAGE TITLES

SITE AUDITOR

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
38+ Services to Increase Your Care Plan Recurring Revenue	https://theadminbar.com/38-services-to-increase-your-website-care-plan-recurring-revenue/	57	No	More services = more recurring revenue. Learn how you can increase your prices and earn more recurring revenue for your agency.	127	No	Yes
5 Ways to Re-Purpose Funnel Packs - The Admin Bar	https://theadminbar.com/5-ways-to-re-purpose-funnel-packs/	49	No	It's no secret, Pete and I are both huge fans of Funnel Packs. The core offering is already of tremendous value-- but what if we could put a few extra miles on each pack? In this video Pete and I discuss 5 ways you can re-purpose Funnel Packs in your...	>250	No	Yes
A Small Book with a BIG Impact - The Admin Bar	https://theadminbar.com/a-small-book-with-a-big-impact/	46	No	Over ten years ago I sat down on my back patio, the summer sun beating down on me and cracked open the pages of How to Be a Graphic Designer without Losing Your Soul for the first time. I actually remember that day, it made that much of an impact!...	249	No	Yes
A Soloprenuer's Guide by Jim Galiano – The Admin Bar	https://theadminbar.com/products/a-solopreneurs-guide/	52	No	Learn about Jim's course, A Soloprenuer's Guide, and how he's been able to grow his agency with proven techniques for the soloprenuer.	134	No	Yes
A Soloprenuer's Guide: Course Review - The Admin Bar	https://theadminbar.com/a-solopreneurs-guide-course-review/	52	No	It took just a little over 48 hours for me to make my way through the entire "A Soloprenuer's Guide" course by Jim Galiano. To be clear, not because it's short (it's actually quite in-depth!) but because I watch everything on 2X speed, and I dedicated quite a few hours...	>250	No	Yes
A Unique Way to Say "Thanks" - The Admin Bar	https://theadminbar.com/a-unique-way-to-say-thanks/	44	No	Ever since we had Jason Resneck on the show a while back talking about "pro-active word of mouth marketing" I've been putting a lot of thought into the question he asked: "What is your word-of-mouth strategy?" One of the ways I knew I needed to up my game was thanking...	>250	No	Yes
Adam Hempenstall from Better Proposals on The Admin Bar	https://theadminbar.com/guests/adam-hempenstall/	55	No	Meet Adam and learn more about his amazing proposal software Better Proposals.	78	No	Yes
Adam Lacey from Split Hero on The	https://theadminbar.com/guests/adam-lacey/	51	No	Meet Adam from Split Hero– the #1 way to A/B test your WordPress websites! Adam tells us all about it.	102	No	Yes

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
Admin Bar Podcast							
Adam Preiser / WPCrafter on The Admin Bar podcast	https://theadminbar.com/guests/adam-preiser/	49	No	See Adam Preiser from WPCrafter on The Admin Bar podcast.	57	No	Yes
Adam Silver - The Admin Bar	https://theadminbar.com/guests/adam-silver/	27	No	The Admin Bar welcomes guest Adam Silver to the podcast.	56	No	Yes



TITLE LENGTH ERRORS

SITE AUDITOR

PAGE TITLE	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
SEOHive: The Answer to Outsourcing Proactive SEO Services with Pete Everitt & Jeffery Patch	https://theadminbar.com/podcast/seohive-the-answer-to-outsourcing-proactive-seo-services/	91	No	Today we're joined by Pete Everitt and Jeffery Patch to chat about how they've teamed up to bring you their take on how outsourced search engine optimization services should be done. Their proactive approach to building your clients SEO is like none other.	>250	No	Yes
The Friday Email - Probably the World's Greatest "Hack" with Nathan Ingram	https://theadminbar.com/podcast/the-friday-email-probably-the-worlds-greatest-hack-with-nathan-ingram/	74	No	Nathan Ingram (coach, speaker, trainer, author, and agency owner) joins us to talk about the 'Friday Email Strategy' and how this simple, weekly email and drastically improve client communications and help give you your weekends back!	234	No	Yes
Using Elementor's Request Parameters for a Personalized Thank You Page - The Admin Bar	https://theadminbar.com/using-elementors-request-parameters-for-a-personalized-thank-you-page/	86	No	Back when Elementor released the request parameters feature to Elementor Pro, I picked up a little trick that I get comments on all-the-time. It's simple– but a really nice touch to fancy-up your Thank You pages (an often underutilized part of any optin!). I'm going to show you how you...	>250	No	Yes
Quit Asking Prospects What They Want Their Website to Look Like. - The Admin Bar	https://theadminbar.com/quit-asking-prospects-what-they-want-their-website-to-look-like/	80	No	Newer agency owners and freelancers always seem to ask questions about how to get higher paying gigs. This typically leads them to ask questions like "what should I charge for...?". But there's no good answer people can give you for this. Sure, there are some "typical" expected fees associated with...	>250	No	Yes
Pre & Post-Launch Checklist for Successful Website Go-Live's - The Admin Bar	https://theadminbar.com/pre-post-launch-checklist-for-successful-website-go-lives/	76	No	When it's finally time for go-live, I don't know about you, but I get anxious just to get a project complete and out the door. But being a solo-agency, there's never anyone there to really check my work and make sure I didn't forget to dot and i's or cross...	>250	No	Yes
Three Reasons Your Customers Don't Buy Care Plans (ain't none of	https://theadminbar.com/three-reasons-your-customers-dont-buy-care-plans-aint-none-of-them-price/	92	No	I've yet to find a single agency or freelancer that has both success and longevity without some form of monthly recurring revenue (MRR). It's entirely possible– but it would be extremely difficult. The natural cycle of hustling to get work, then being buried in it happens to us all. You...	>250	No	Yes

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
them price] - The Admin Bar							
What is a White Label Partner, how does it benefit my agency and how do I chose one? - The Admin Bar	https://theadminbar.com/what-is-a-white-label-partner-how-does-it-benefit-my-agency-and-how-do-i-choose-one/	100	No	When you do something day in and day out, you forget that other people in the world may not know what you actually do. After having a conversation with a friend this week I realised that the term "White Label Partner" is not something all the WordPress community know about....	>250	No	Yes
How to Over Deliver Every Time You Launch a Client Website - The Admin Bar	https://theadminbar.com/how-to-over-deliver-every-time-you-launch-a-client-website/	74	No	There's a natural cycle you and your client go through during the life of your project. It's actually not all that different than any relationship really. But when the project comes to completion it's important you finish on a high. This is the key to building client relationships that continue...	>250	No	Yes
Knowing What Your Client Values Makes You More Valuable - The Admin Bar	https://theadminbar.com/knowing-what-your-client-values-makes-you-more-valuable/	71	No	You might work a lot in a certain industry, market, or niche, but ultimately no two customers are alike. This is an important thing to remember, especially if you offer ongoing or subscription services with them (like a care plan).A popular pricing model for care plans is to have 3...	>250	No	Yes

 **PAGES MISSING GA**
SITE AUDITOR

PAGE TITLE ▲	URL	TITLE LENGTH	DUPLICATE TITLE	META DESCRIPTION	META LENGTH	DUPLICATE META	GA
The Admin Bar	https://theadminbar.com/feed/podcast/	13	No	Missing Meta Description	--	No	No

SERP Tracker - Rank Positions

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]

KEYWORD AVERAGE RANK
SERP TRACKER

129.0
PREVIOUS: 0.0
0%

KEYWORD IMPROVED
SERP TRACKER

0

KEYWORD DECLINED
SERP TRACKER

0

KEYWORD TOTAL RANKED
SERP TRACKER

1
PREVIOUS: --
0%

KEYWORD RANKS ONE TO THREE
SERP TRACKER

0
PREVIOUS: --
0%

KEYWORD RANKS FOUR TO TEN
SERP TRACKER

0
PREVIOUS: --
0%

KEYWORD RANKS PAGE TWO
SERP TRACKER

1
PREVIOUS: --
0%

KEYWORD RANK POSITIONS
SERP TRACKER

KEYWORD	BING	BING Δ	TYPE	GOOGLE	GOOGLE Δ	TYPE	GOOGLE MO-BILE	GOOGLE MO-BILE Δ	TYPE	URL	LOCALE	CITY OR ZIP-CODE	TRACKING FREQUENCY
wordpress podcast	129	--		-	--	--	-	--	--	https://theadminbar.com/	en-us	--	monthly

COMPETITOR OVERVIEW
SERP TRACKER

WEBSITE	AVG RANK	AVG RANK Δ	TOTAL RANKED	RANKS 1-3	RANKS 4-10	RANKS PAGE 2+
theadminbar.com	129.0	-	1	--	--	1
--	-	-	-	-	-	-
--	-	-	-	-	-	-
--	-	-	-	-	-	-
--	-	-	-	-	-	-
--	-	-	-	-	-	-



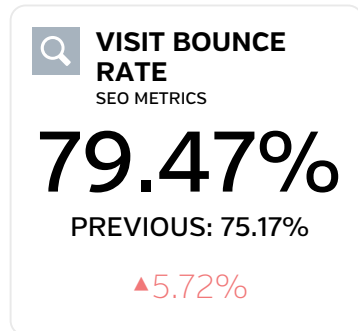
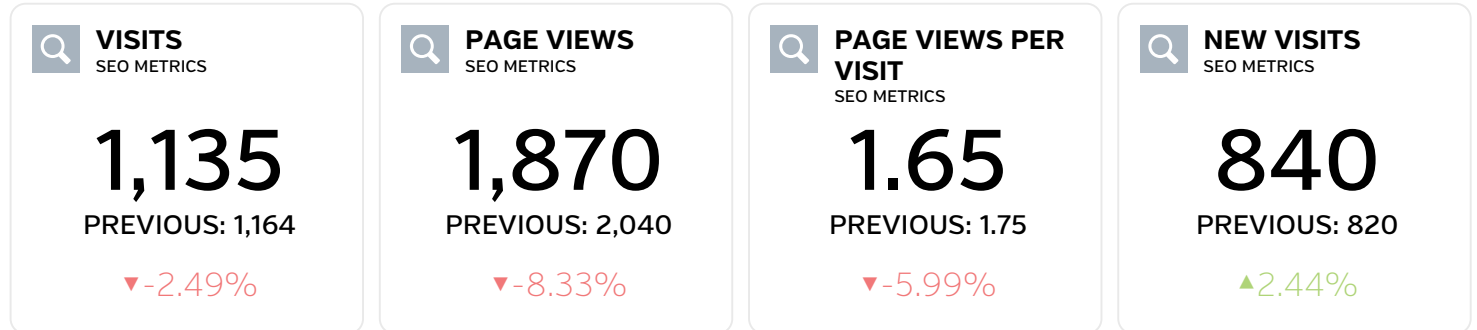
COMPETITOR RANK POSITIONS

SERP TRACKER

KEYWORD ▲	THEADMINBAR.COM	LOCALE	CITY OR ZIPCODE
web design	-	en-us	--
website design	-	en-us	--
wordpress support	-	en-us	--
wordpress website development	-	en-us	--
custom website design	-	en-us	--
web design	-	en-us	--

SEO Metrics - Site Engagement from Organic Traffic

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



SITE ENGAGEMENT FROM ORGANIC TRAFFIC
SEO METRICS

KEYWORD ▲	%	SESSIONS	PAGE VIEWS	PAGES/SESSION	NEW SESSIONS	BOUNCE RATE
[not provided]	98.94%	1,123	1,846	1.64	835	79.70%
[not set]	0.70%	8	19	2.38	3	50.00%
amazon	0.09%	1	1	1.00	1	100.00%
https://theadminbar.co...	0.09%	1	1	1.00	1	100.00%
https://theadminbar.co...	0.09%	1	1	1.00	--	100.00%
maintainpress	0.09%	1	2	2.00	--	0.00%

SEO Metrics - Search Engine Share

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]



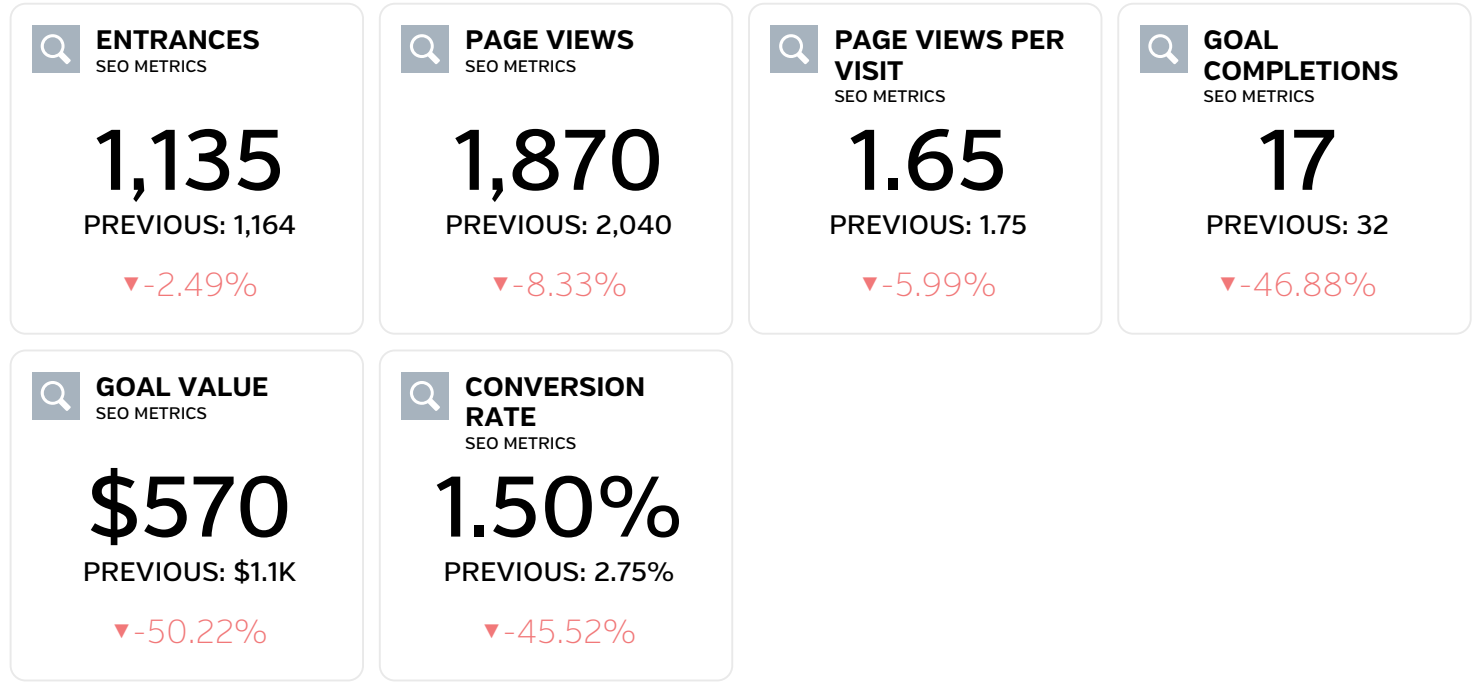
SEARCH ENGINE SHARE

SEO METRICS

SEARCH ENGINE ^	%	SESSIONS	PAGE VIEWS	PAGES/SESSION	GOAL COMPLETIONS	GOAL VALUE	CONVERSION RATE
bing	0.97%	11	15	1.36	--	\$0.00	0.00%
duckduckgo	0.70%	8	19	2.38	--	\$0.00	0.00%
ecosia.org	0.18%	2	3	1.50	--	\$0.00	0.00%
google	98.15%	1,114	1,833	1.65	17	\$569.85	1.53%

SEO Metrics - Landing Pages from Organic Traffic

07/01/2020 - 07/31/2020 [compared to 05/31/2020 - 06/30/2020]





LANDING PAGES FROM ORGANIC TRAFFIC

SEO METRICS

PAGE ▲	%	ENTRANCES	PAGE VIEWS	PAGES/SESSION	GOAL COMPLETIONS	GOAL VALUE	CONVERSION RATE
/	9.16%	104	357	3.43	1	\$0.00	0.96%
/38-services-to-increase-your-website-care-plan-recurring-revenue/	0.70%	8	25	3.13	--	\$0.00	0.00%
/5-ways-to-re-purpose-funnel-packs/	0.09%	1	1	1.00	--	\$0.00	0.00%
/?s=whole+number+from+a+division	0.09%	1	2	2.00	--	\$0.00	0.00%
/a-sneak-peek-inside-seohive/	0.26%	3	5	1.67	--	\$0.00	0.00%
/adding-recaptcha-3-to-elementor-forms/	12.25%	139	152	1.09	--	\$0.00	0.00%
/affiliate-policy/	0.09%	1	1	1.00	--	\$0.00	0.00%
/book-review-company-of-one-by-paul-jarvis/	0.09%	1	17	17.00	--	\$0.00	0.00%
/category/book-recommendation/	0.09%	1	24	24.00	--	\$0.00	0.00%
/checkout/	0.09%	1	1	1.00	--	\$0.00	0.00%