

# HOW TO TEST & MEASURE WORDPRESS SPEED

Understand your site's performance before making changes

## How to Use This Checklist

1. Choose a tool ([PageSpeed Insights](#), [GTmetrix](#), [WebPageTest](#)).
2. Run tests on both desktop and mobile.
3. Record scores and key metrics in a log.
4. Use the results as your baseline before optimization.

## Difficult Key

- Easy = Free tools, no technical setup
- Intermediate = Some setup/config required
- Advanced = Requires developer/sysadmin

## Key Metrics to Track

- **FCP** (First Contentful Paint) → When the first visible content appears.
- **LCP** (Largest Contentful Paint) → How fast your main content loads.
- **INP** (Interaction to Next Paint) → How responsive your site feels after interaction.
- **CLS** (Cumulative Layout Shift) → How stable the page is during loading.
- **TTFB** (Time to First Byte) → How fast your server responds.
- **Page Load Time** → Total time until the page is fully loaded.

## Checklist: Test & Measure WordPress Speed

- ☐ Run **PageSpeed Insights** for mobile and desktop  
→ Note FCP, LCP, INP, CLS scores
- ☐ Use **GTmetrix** to get a waterfall view of requests  
→ Identify render-blocking scripts and large assets.
- ☐ Test with **WebPageTest** from multiple locations.  
→ See how your site performs for global users.
- ☐ Record Time to First Byte (**TTFB**)  
→ Helps evaluate hosting performance.
- ☐ Track **Core Web Vitals** in Google Search Console.  
→ Monitor real-world user data over time.
- ☐ Save test results for **comparison**  
→ Create a before/after log to measure improvement.
- ☐ **Re-run** tests after making optimizations  
→ Compare results with your baseline log.
- ☐ Run advanced load/stress tests (optional)  
→ Use tools like k6 or Apache JMeter for server resilience.



**Pro Tip:** Always test in incognito mode or use a clean browser session. Cached results can give you misleadingly high scores.