



Foundation Workbook

WordPress Speed & Performance

Use these sheets beside the lessons. Record what you observe, explain the change you choose and keep a way to restore the working site.

1. Describe the Delay
2. Read Field and Lab Data
3. Collect Hosting Evidence
4. Module Review

GT Performance is entirely free. You can complete the core exercises without a paid optimization plugin.

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Describe the Delay

Create a baseline that separates loading, interaction and layout problems.

Site / page under review

Date / visitor state / device

Guided Task

1. Choose 3 representative pages and a visitor task for each.
2. Run repeated tests under matching conditions and save the reports.
3. Try the same task on a phone and record what the visitor waits for.

Page and Task	Visitor / Device / Cache State	Symptom and Evidence

My first investigation and the evidence that supports it

Test location, connection profile and saved report location

Complete When

3 pages have reproducible records and a specific next investigation.



Describe the Delay Reasoning Check

Try the questions before reading the answer guidance. This is a teaching scenario, not a measured result from your site.

Scenario

An article starts responding promptly, but the opening image is requested late. A colleague suggests moving to a more expensive host.

What evidence should you collect before agreeing?

What would make an image-loading change a fair comparison?

Answer Guidance

1. Identify the actual LCP element and its request timing. Separate initial document delay from discovery, download and render delay.
2. Use the same page, viewport and conditions, change 1 behavior and inspect both the requested image and the rendered result.

What I will verify on my own site

Keep passwords, API tokens and private customer data out of this workbook.

Read Field and Lab Data

Choose a failing metric without confusing a controlled test with visitor data.

Site / page under review

Date / visitor state / device

Guided Task

1. Record the URL or origin scope and device category.
2. Copy field and lab values into separate records; mark unavailable values as unavailable.
3. Choose a failing metric and the trace or interaction needed to explain it.

Scope / Device / Window	Field LCP / INP / CLS	Lab Result / Conditions

Failing metric and likely investigation

Where I will reproduce the problem and what I expect to see

Complete When

Scope, device, window and missing values are labeled; 1 metric has a test plan.



Read Field and Lab Data Reasoning Check

Try the questions before reading the answer guidance. This is a teaching scenario, not a measured result from your site.

Scenario

A hypothetical page has field LCP of 3.2 seconds. After an image correction, repeated lab runs are around 2.4 seconds, but the field report still looks poor.

Why can both reports be correct?

Would a normal navigation-only Lighthouse result prove good INP?

Answer Guidance

1. The field view covers a rolling 28-day window and can still include older visits. Keep the change date and compare like-for-like current tests.
2. No. INP needs qualifying interactions. Record the relevant tap or click; Total Blocking Time is a diagnostic, not an INP substitute.

What I will verify on my own site

Keep passwords, API tokens and private customer data out of this workbook.

Collect Hosting Evidence

Decide whether application cleanup, scheduling or hosting capacity is the next move.

Site / page under review

Date / visitor state / device

Guided Task

1. Compare an eligible cached page with a representative uncached task.
2. Record timings and resource evidence around a slow period.
3. Write a support request and a migration or rollback checklist if a move is justified.

Route / Visitor / Location	Cache State and Timing	Resource or Request Evidence

Support request with URL, timestamp and observed problem

Backup / restore owner and migration risks, if relevant

Complete When

The proposed next step follows recorded evidence; restoration has an owner.



Collect Hosting Evidence Reasoning Check

Try the questions before reading the answer guidance. This is a teaching scenario, not a measured result from your site.

Scenario

Public articles are fast, but account pages wait while a scheduled import is running.

What comparison would help establish the cause?

What should be confirmed before changing DNS?

Answer Guidance

1. Compare equivalent account requests during and outside the import; inspect workers, queries and job contention.
2. Test the destination and restore process, HTTPS, mail, jobs and private-route cache policy. A store also needs an order-continuity plan.

What I will verify on my own site

Keep passwords, API tokens and private customer data out of this workbook.

Foundation Module Review

Choose the next action from your evidence. An unknown value is useful when it tells you what to investigate next.

The most useful evidence I collected

The change I kept, or the reason I deferred it

Required features and private-route checks

Exact rollback action and who owns it

Next investigation and the evidence it needs

Module Sign-Off

I can explain the result, reproduce the comparison and restore the previous working state.