Domain Name - leslieanncoaching.com

WhoIs Information

Registered : No

Domain age : 9 Years 9 Months 21 Days

Tech email : WHOIS@BLUEHOST.COM

Name servers : NEIL.NS.CLOUDFLARE.COM

Created at : 05-Jul-2015

Changed at : 20-Jun-2020

Expire at : 05-Jul-2021

Registrant name : DOMAIN PRIVACY SERVICE FBO REGISTRANT

Admin name : DOMAIN PRIVACY SERVICE FBO REGISTRANT

Registrant country : 🇺🇸 US

Admin country : 🇺🇸 US

Registrant phone : +1.8017659400

Admin phone : +1.8017659400

Moz information

Subdomain normalized : 0.150000006

Subdomain raw : 0.01499999966

Url normalized : 0.8000000119

Url raw : 0.07999999821

Http status code : 301

Domain authority : 6

Page authority : 8

External quality link : 0

Links : 1

Link information

Backlink count : 0

Total link count : 1

Mozrank : 0.8000000119

Mobile Friendly Check

Performance : 43.09

Emulated Form Factor **Mobile**	
Locale **En-US**	
Category **Performance**	

Field Data

Over the last 30 days, the field data shows that this page has an **Moderate** speed compared to other pages in the Chrome User Experience Report. **We are showing The 75th percentile of FCP and The 95th percentile of FID**
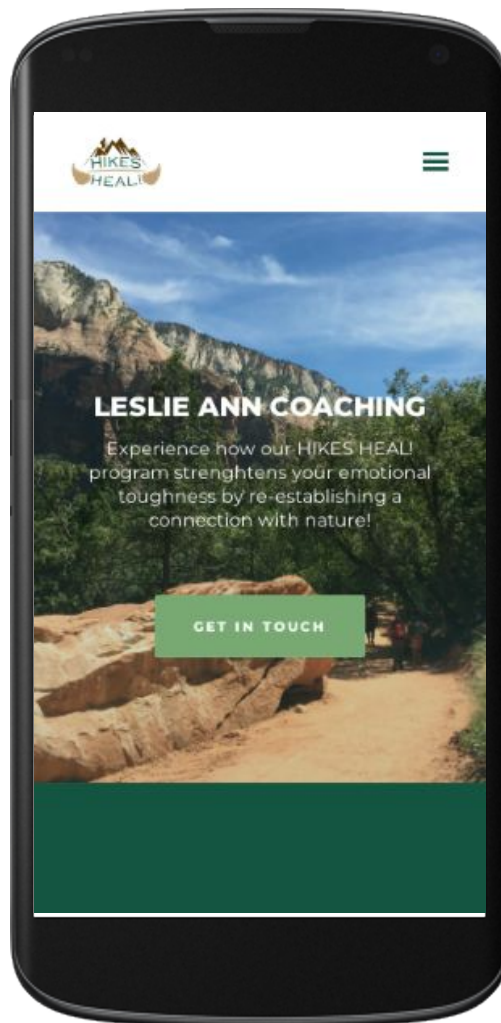
First Contentful Paint (FCP)

Metric Category

First Input Delay (FID)

Metric Category

Overall Category

First Contentful Paint (FCP)

Metric Category

First Input Delay (FID)

Metric Category

Overall Category

Lab Data

First Contentful Paint

First Contentful Paint marks the time at which the first text or image is painted. **Learn more**

3.4 s

First Meaningful Paint

First Meaningful Paint measures when the primary content of a page is visible. **Learn more**

3.4 s

Speed Index

Speed Index shows how quickly the contents of a page are visibly populated. **Learn more**

6.3 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**

5.5 s

Time to Interactive

Time to interactive is the amount of time it takes for the page to become fully interactive. **Learn more**

11.9 s

Max Potential First Input Delay

The maximum potential First Input Delay that your users could experience is the duration, in milliseconds, of the longest task. **Learn more**

150 ms

Audit Data

Keep request counts low and transfer sizes small

To set budgets for the quantity and size of page resources, add a budget.json file. **Learn More**

34 requests • 4,689 KiB

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**

Potential savings of 1,810 ms

Efficiently encode images

Optimized images load faster and consume less cellular data. **Learn More**

Enable text compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. **Learn More**

Serve static assets with an efficient cache policy

A long cache lifetime can speed up repeat visits to your page. **Learn More**

4 resources found

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**

Third-party code blocked the main thread for 40 ms

Network Round Trip Times

Network round trip times (RTT) have a large impact on performance. If the RTT to an origin is high, it's an indication that servers closer to the user could improve performance. **Learn More**

0 ms

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**

10 ms

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**

6720 ms

Total Blocking Time

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds.

150 ms

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**

0.5 s

Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. **Learn More**

Potential savings of 2,441 KiB

Server Backend Latencies

Server latencies can impact web performance. If the server latency of an origin is high, it's an indication the server is overloaded or has poor backend performance. **Learn More**

0 ms

Properly size images

Serve images that are appropriately-sized to save cellular data and improve load time. **Learn More**

Potential savings of 139 KiB

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**

Potential savings of 77 KiB

Avoid enormous network payloads

Large network payloads cost users real money and are highly correlated with long load times. **Learn More**

Total size was 4,689 KiB

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**

1.9 s

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**

Potential savings of 920 KiB

Avoid chaining critical requests

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Learn More

9 chains found

Avoid enormous network payloads

A large DOM will increase memory usage, cause longer **Learn More**

364 elements

Avoid multiple page redirects

Redirects introduce additional delays before the page can be loaded. **Learn More**

Potential savings of 630 ms

Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. **Learn More**

User Timing marks and measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. **Learn More**

IP Information	
ISP : AS13335 Cloudflare, Inc.	
Ip : 104.21.9.128	
Country : 🇺🇸 UNITED STATES	
City : San Francisco	
Region : California	
Timezone : America/Los_Angeles	
Latitude : 37.7621	
Longitude : -122.3971	

Malware Scan Info	
Google safe browser norton : Safe	
Norton : untested	

Search Engine Index Info	
Google index : 6	
Bing index : 0	
Yahoo index : 0	

Sites in Same IP	
No data to show	

Related Websites	
1.	

Social Network Information - leslieanncoaching.com

Social Network Information

Facebook share : 0

Pinterest Info : 0

Facebook comment : 0

Xing Info : 0

Facebook like : 0

Buffer Info : 0

Reddit Score : 0

Reddit Ups : 0

Reddit downs : 0

Keyword & Meta Information - leslieanncoaching.com

TITLE & METATAGS

Title
Leslie Ann Coaching,LLC - Nature Based Adventures/Hiking Heals

Viewport
width=device-width

Referrer
origin-when-cross-origin

Description
Leslie Ann Coaching is all about helping to heal the "wounded" inner child of individuals, leaders, and teams through hiking and other nature-based adventures.

Blocked by robots.txt : No

Blocked by meta-robots : No

Links nofollowed by meta-robots : No

Total keywords : 705

Html headings

H1(1)

1. Leslie Ann Coaching

H2(1)
1. Leslie Ann Coaching, LLC

H3(1)
1. Connect

H4(0)
No h4 tag found

H5(0)
No h5 tag found

H6(0)
No h6 tag found

KEYWORD ANALYSIS

== Single word keywords ==			
SINGLE KEYWORDS	**OCCURRENCES**	**DENSITY**	**POSSIBLE SPAM**
Leslie	9	1.277 %	No
Ann	9	1.277 %	No
team	6	0.851 %	No
program	6	0.851 %	No
HEAL	6	0.851 %	No
HIKES	6	0.851 %	No
heal	5	0.709 %	No
coaching	5	0.709 %	No
leaders	5	0.709 %	No
Coaching	4	0.567 %	No
Learn	3	0.426 %	No

SINGLE KEYWORDS	OCCURRENCES	DENSITY	POSSIBLE SPAM
helping	3	0.426 %	No
time	3	0.426 %	No
Vegas	2	0.284 %	No
offer	2	0.284 %	Yes
life	2	0.284 %	No
interview	2	0.284 %	No
infinite	2	0.284 %	No
healed	2	0.284 %	No
possibilities	2	0.284 %	No

== *Two words keywords* ==			
2 WORD PHRASES	**OCCURRENCES**	**DENSITY**	**POSSIBLE SPAM**
Leslie Ann	8	1.135 %	No
HIKES HEAL	6	0.851 %	No
to heal	4	0.567 %	No
Ann Coaching	3	0.426 %	No
how to	3	0.426 %	No
to the	3	0.426 %	No
I am	3	0.426 %	No
coaching program	3	0.426 %	No
Learn more	3	0.426 %	No
the time	2	0.284 %	No
helping to	2	0.284 %	No
person I	2	0.284 %	No
Las Vegas	2	0.284 %	No
infinite possibilities	2	0.284 %	No
of infinite	2	0.284 %	No
all about	2	0.284 %	No
playground of	2	0.284 %	No
Leaders need	2	0.284 %	No
Listen to	2	0.284 %	No
need to	2	0.284 %	No

== Three words keywords ==

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Leslie Ann Coaching	3	0.426 %	No
HEAL coaching program	2	0.284 %	No
playground of infinite	2	0.284 %	No
our HIKES HEAL	2	0.284 %	No
Leaders need to	2	0.284 %	No
your leadership team	2	0.284 %	No
of infinite possibilities	2	0.284 %	No
HIKES HEAL coaching	2	0.284 %	No
Listen to the	2	0.284 %	No
coaching program is	2	0.284 %	No
HIKES HEAL program	2	0.284 %	No
And one more	1	0.142 %	No
thingsometimes the truth	1	0.142 %	No
one more thingsometimes	1	0.142 %	No
Retired And one	1	0.142 %	No
more thingsometimes the	1	0.142 %	No
D~ Retired And	1	0.142 %	No
hurtsI must have	1	0.142 %	No
the truth hurtsI	1	0.142 %	No
truth hurtsI must	1	0.142 %	No

== Four words keywords ==

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
HIKES HEAL coaching program	2	0.284 %	No
playground of infinite possibilities	2	0.284 %	No
Leslie Ann CoachingLLC Home	1	0.142 %	No
thingsometimes the truth hurtsI	1	0.142 %	No
~ ~Gladys D~ Retired	1	0.142 %	No
~Gladys D~ Retired And	1	0.142 %	No
D~ Retired And one	1	0.142 %	No

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Retired And one more	1	0.142 %	No
And one more thingsometimes	1	0.142 %	No
one more thingsometimes the	1	0.142 %	No
more thingsometimes the truth	1	0.142 %	No
truth hurtsI must have	1	0.142 %	No
the truth hurtsI must	1	0.142 %	No
hurtsI must have been	1	0.142 %	No
must have been a	1	0.142 %	No
have been a real	1	0.142 %	No
been a real SOB	1	0.142 %	No
a real SOB at	1	0.142 %	No
real SOB at timesbut	1	0.142 %	No
SOB at timesbut I	1	0.142 %	No

Alexa Information - leslieanncoaching.com

General information

Domain name : leslieanncoaching.com	**Global Rank :** No data
Daily Time on Site : No data	**Search Traffic :** No data
Bounce Rate : No data	**Total sites link in :** 2

Top 5 similar sites by audience overlap

Sl	Similar sites	Overlap score
No data found!		

Top 5 keywords by traffic

Keywords	Search Traffic	Share of voice
No data found!		

Top 4 keyword gaps

Keywords driving traffic to competitors, but not to this site	Avg. traffic to competitors	Search popularity
No data found!		

Top 4 easy-to-rank keywords

Popular keywords within this site`s competitive power	Relevance to this site	Search popularity
No data found!		

Top 4 buyer keywords

Keywords that show a high purchase intent	Avg. traffic to competitors	Organic competition
No data found!		

Top 4 optimization opportunities

Very popular keywords already driving some traffic to this site	Search popularity	Organic share of voice
No data found!		

Top 5 referral sites

Sites by how many other sites drive traffic to them	Referral sites
No data found!	

Site flow

Visited just before & right after domain	Visited just before & right after domain percentage
No data found!	

Top 5 audience overlap

Similar sites to this site	Site's overlap score	Alexa rank
No data found!		

Top 3 audience geography	
Visitors by country	**Visitors by country percentage**
No data found!	