

Core Web Vitals Optimization Workbook for WordPress

Improve your WordPress site's performance and user experience.

Based on [Google Core Web Vitals Optimization Guide For Wordpress Sites](#) by Casey's SEO

Understanding Core Web Vitals

The three key Core Web Vitals metrics for 2025 are Largest Contentful Paint (LCP), Interaction to Next Paint (INP), and _____.

The Importance of Mobile

Mobile users are three times more likely to bounce from a site that takes longer than _____ seconds to load.

Image Optimization Quick Win

To optimize images, convert them to _____ format, implement lazy loading, and _____ file sizes.

Addressing Bloat

To tackle JavaScript and CSS bloat, use an optimization plugin like Autoptimize or WP Rocket, audit your _____, and consider a performance-focused theme.

Caching Strategy

Effective caching involves page-level caching, _____ caching, and CDN integration.

Mobile Performance Challenges

When optimizing for mobile, prioritize _____ content and simplify _____ interactions.

Common Performance Bottlenecks

Slow server response times can be caused by _____ hosting, while layout shifts are often due to ads and embeds.

Essential Tools

Key tools for monitoring Core Web Vitals include Google PageSpeed Insights, _____, and Real User Monitoring through Google Search Console.

Resources & Further Reading

Related guides to use with this workbook:

■ Optimize WordPress Core Web Vitals for Better Performance (Process Flow)

<https://storage.googleapis.com/casey-s-seo-checklists-20260706-6f5cfe/casey-s-seo/Process%20Flow/google-core-web-vitals-optimization-guide-for-wordpress-sites-process-flow.pdf>

■ Core Web Vitals Optimization Action Sheet for WordPress

<https://storage.googleapis.com/casey-s-seo-checklists-20260706-021eb2/casey-s-seo/Action%20Sheet/google-core-web-vitals-optimization-guide-for-wordpress-sites-action-sheet.pdf>

■ Colorado Springs SEO Blog

<https://caseysseo.com/seo-blog>

■ Colorado Springs Local SEO Company

<https://caseysseo.com/colorado-springs-local-seo/>

■ AI SEO Tools Comparison: 2025 Software Rankings – Casey's SEO

<https://caseysseo.com/ai-seo-tools-comparison-2025-software-rankings/>

■ Find Your Local Results

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Optimize your WordPress site for speed, user experience, and better search rankings.