

Core Web Vitals Optimization Workbook for WordPress

Improve your WordPress site's speed and user experience.

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

Core Metrics for 2025

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

Image Optimization: WebP Format

To optimize images, convert them to _____ format, which is typically 25-35% smaller than JPEGs.

Lazy Loading Implementation

Besides WordPress's built-in lazy loading, consider plugins like _____ for better control over image loading.

CSS and JavaScript Bloat

Plugins like _____ can help optimize CSS and JavaScript by combining files and removing whitespace.

Caching Strategy

For 2025, a recommended caching strategy includes page-level caching, object caching, and _____.

Mobile Performance Impact

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

Common Problem: Layout Shifts

Layout shifts often caused by ads and embeds can be mitigated by reserving space with _____ or lazy loading them.

Essential Tools

Google _____ Insights is a primary tool for checking Core Web Vitals scores and getting recommendations.

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-20260710-0cba72/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

<https://caseysseo.com/>

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Optimize your WordPress site for speed and user experience by mastering Core Web Vitals.