

Page Speed Optimization Workbook 2025

Master the latest techniques to make your website load instantly.

Based on [Page Speed Optimization Techniques That Actually Work In 2025](#) by Casey's SEO

Core Web Vitals Priorities

List the three Core Web Vitals metrics and their target load times as mentioned in the article.

The Impact of Slow Loading

According to the article, what percentage of mobile users abandon sites that take longer than three seconds to load?

AI in Performance Optimization

How can AI tools help predict user behavior and improve page speed?

Compression Dictionaries

Explain how compression dictionaries improve performance for repeat visitors.

Largest Contentful Paint (LCP) Improvements

What are three strategies mentioned to improve your Largest Contentful Paint score?

First Input Delay (FID) Optimization

What is the key strategy for optimizing First Input Delay (FID)?

Reducing Cumulative Layout Shift (CLS)

List two common causes of Cumulative Layout Shift (CLS) and how to fix them.

Modern Image Formats

What is the newest image format mentioned, and what is its primary advantage over WebP?

JavaScript Optimization Techniques

Describe the purpose of 'code splitting' and 'tree shaking' for JavaScript.

Server-Side Advancements

What is HTTP/3, and why is it considered an improvement for website speed?

Resources & Further Reading

Related guides to use with this workbook:

■ Page Speed Optimization Checklist 2025

<https://storage.googleapis.com/casey-s-seo-checklists-20260710-0cba72/casey-s-seo/Checklist/page-speed-optimization-checklist-2025-checklist.pdf>

■ Page Speed Optimization Action Sheet 2025

<https://storage.googleapis.com/casey-s-seo-checklists-20260710-0cba72/casey-s-seo/Action%20Sheet/page-speed-optimization-techniques-that-actually-work-in-2025-action-sheet.pdf>

■ Colorado Springs SEO Blog

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

■ Find Your Local Results

<https://caseysseo.com/>

■ 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/>

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Prioritize speed for a seamless user experience and better SEO.