

Shopify Speed App Audit Checklist

Whether a speed app helps or hurts, and how to prove it. Built by Kaspian Fuad, Shopify developer.

Speed is two numbers

Payload (bytes) -> LCP

How fast the page paints.

Main-thread work -> INP

How fast it responds to a tap.

Most speed apps trade one for the other

Help LCP, hurt INP.

What each app added (measured)

TinyIMG 60ms · Booster 70ms

Image + SEO, runtime lazy-load.

Avada 70ms

SEO suite, meta injection.

Nostra 160ms · Yottaa 200ms

Edge proxies, prefetch scripts.

The before / after test

Run PageSpeed on a PDP, app ON

Note mobile TBT and INP.

Uninstall + remove theme snippets

Leftover code still costs you.

Run the same page again

Barely moves = it was not helping.

Image optimizer: keep or cut?

Keep IF images are oversized

And your theme does not lazy-load.

Cut IF you run Dawn / OS 2.0

Native srcset + lazy-load already.

Check source for loading=lazy

If present, you do not need it.

Edge proxy warning

Sits in every page's critical path

Heaviest main-thread cost of all.

Can win lab, lose field

Verify CrUX, not the dashboard.

Never skip the before/after here

160 to 200ms is a lot to assume.

Field beats the vendor score

The app's dashboard is not CrUX

Google ranks on field CrUX.

Green in-app can hide red INP

It measures its own narrow win.

Pull the real number yourself

kaspianfuad.com CrUX grader.

The real fix, in order

1. Cut the app count

Fewer scripts on page load.

2. Defer what is left

Load after interactive.

3. Fix the theme

Render-blocking CSS/JS.

Red flags an app is hurting

INP in the red on mobile CrUX

Even with a green app score.

A second script doing theme work

Lazy-load your theme already does.

No blocking-time number published

The one metric they never quote.

Check your theme first

Images: srcset + loading=lazy

Native on modern themes.

Fonts: preloaded, swap set

No layout shift on load.

Third-party JS: deferred

Nothing blocking first paint.

Tools to measure it

PageSpeed Insights

Lab TBT + a CrUX snapshot.

App Bloat Detector

What each app costs, measured.

CrUX grader

Your real field Core Web Vitals.

When a speed app IS worth it

Old theme, no native lazy-load

The payload win can beat the cost.

Genuinely huge unoptimized images

Compression pays for itself.

You measured it and INP held

Proof, not the listing's promise.