Is it safe to delete the SHKActivityData table?

The table is "SHKActivityOata" currently has 2,052,795 rows and a size of approximately 703MB. The second largest is the "wf_audit_tail" with 490,290 rows and a size of 197MB.

My Joget application is running slower and slower. Previously it was fast to load a page but now it take a long time to load a page (> 5 minutes). Does it has anything to do with with these 2 large tables in the Joget MySQL database?

Can I backup the tables and then delete the rows in those tables? Or how about deleting old records?

Will it make my App run fast again?