https://10.2.18.206/students/BrynnerChavezGomez/BCPWD/bc-fitness10/index.html

87	100	96	91
Performance	Accessibility	Best Practices	SEO

87

Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49   ■ 50–89   ● 90–100

METRICS   Expand view

● First Contentful Paint

1.5 s

■ Largest Contentful Paint

3.9 s
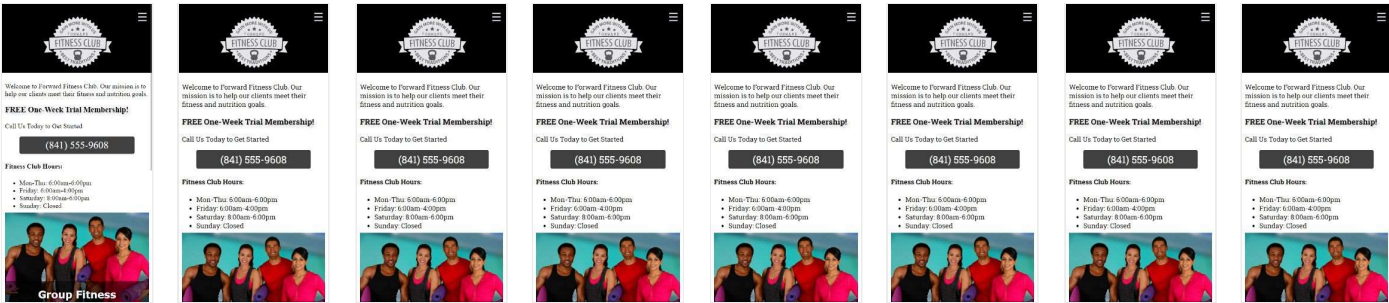
● Total Blocking Time

0 ms

● Cumulative Layout Shift

0.041

● Speed Index

1.5 s

View Treemap

Show audits relevant to: **All** FCP LCP TBT CLS

DIAGNOSTICS

▲ Serve images in next-gen formats — Potential savings of 287 KiB ⌄

▲ Largest Contentful Paint element — 3,920 ms ⌄

▲ Use HTTP/2 — 8 requests not served via HTTP/2 ⌄

▲ Efficiently encode images — Potential savings of 67 KiB ⌄

▲ Eliminate render-blocking resources — Potential savings of 730 ms ⌄

◼ Image elements do not have explicit `width` and `height` ⌄

◼ Minify CSS — Potential savings of 4 KiB ⌄

◼ Enable text compression — Potential savings of 10 KiB ⌄

◼ Serve static assets with an efficient cache policy — 6 resources found ⌄

◼ Reduce unused JavaScript — Potential savings of 21 KiB ⌄

○ Avoid large layout shifts — 1 layout shift found ⌄

○ Initial server response time was short — Root document took 10 ms ⌄

○ Avoids enormous network payloads — Total size was 539 KiB ⌄

○ Avoids an excessive DOM size — 62 elements ⌄

○ Avoid chaining critical requests — 3 chains found ⌄

○ JavaScript execution time — 0.0 s ⌄

○ Minimizes main-thread work — 0.3 s   ⌄

○ Minimize third-party usage — Third-party code blocked the main thread for 0 ms ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (20)   Show

100

Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)   Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (13)   Show

NOT APPLICABLE (44)   Show

96

Best Practices

USER EXPERIENCE

▲ Serves images with low resolution   ⌄

TRUST AND SAFETY

| ○ | Ensure CSP is effective against XSS attacks | ⌄ |

| PASSED AUDITS (14) | Show |

| NOT APPLICABLE (2) | Show |

91

SEO

These checks ensure that your page is following basic search engine optimization advice. There are many additional factors Lighthouse does not score here that may affect your search ranking, including performance on [Core Web Vitals](). [Learn more about Google Search Essentials]().

CRAWLING AND INDEXING

| ⚠ | Links are not crawlable | ⌄ |

To appear in search results, crawlers need access to your app.

| ADDITIONAL ITEMS TO MANUALLY CHECK (1) | Show |

Run these additional validators on your site to check additional SEO best practices.

| PASSED AUDITS (7) | Show |

| NOT APPLICABLE (2) | Show |

Captured at Sep 30, 2024, 1:32 PM EDT
Initial page load

Emulated Moto G Power with Lighthouse 12.2.0
Slow 4G throttling

Single page session

Using Chromium 129.0.0.0 with devtools

Generated by **Lighthouse** 12.2.0 |