https://davidclamp.github.io/new-milestone/

98   94   100

Performance   **Accessibility**   **Best Practices**

98

Performance

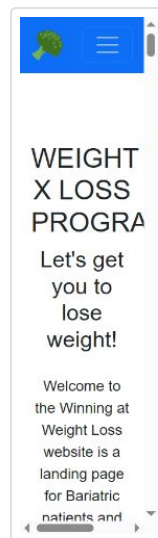Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.

▲ 0–49   ■ 50–89   ● 90–100

WEIGHT
X LOSS
PROGRA

Let's get
you to
lose
weight!

Welcome to
the Winning at
Weight Loss
website is a
landing page
for Bariatric
patients and

METRICS   Expand view

● First Contentful Paint   ● Largest Contentful Paint

0.9 s   0.9 s
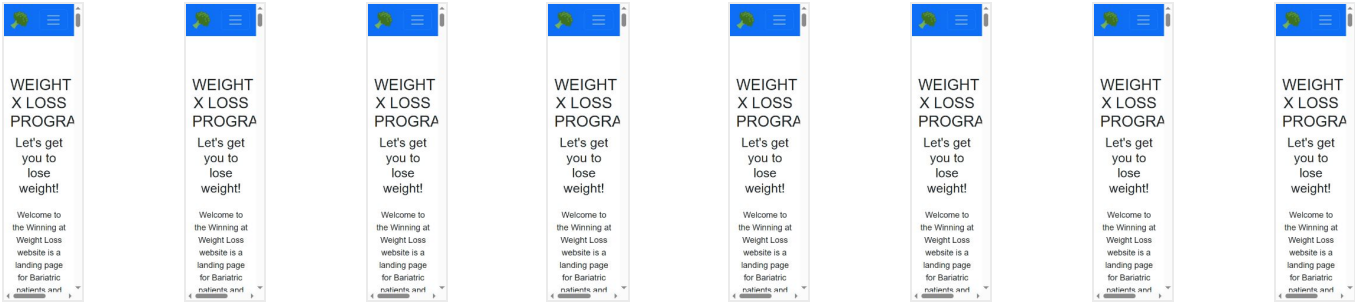
● Total Blocking Time   ● Cumulative Layout Shift

98   94   100

0.9 s

🔊 Later this year, insights will replace performance audits. Learn more and provide feedback here.

Go back to audits

Show audits relevant to: All   FCP   LCP

INSIGHTS

▲ Render blocking requests   ⌄

▲ Font display   ⌄

▲ Optimize DOM size   ⌄

▲ Network dependency tree   ⌄

■ Use efficient cache lifetimes — Est savings of 64,139 KiB   ⌄

■ Improve image delivery — Est savings of 1,509 KiB   ⌄

○ LCP by phase   ⌄

○ 3rd parties   ⌄

These insights are also available in the Chrome DevTools Performance Panel - record a trace to view more detailed information.

DIAGNOSTICS

▲ Reduce unused CSS — Est savings of 39 KiB   ⌄

🟧   Avoid serving legacy JavaScript to modern browsers   ⌄

<div align="center">98   94   100</div>

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

PASSED AUDITS (23)   Show

<div align="center">

94

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.

</div>

BEST PRACTICES

🔺   Touch targets do not have sufficient size or spacing.   ⌄

These items highlight common accessibility best practices.

NAVIGATION

🔺   Heading elements are not in a sequentially-descending order   ⌄

These are opportunities to improve keyboard navigation in your application.

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 (20)		Show

98   94   100

NOT APPLICABLE (35)		Show

100

Best Practices

TRUST AND SAFETY

○	Ensure CSP is effective against XSS attacks	⌄
○	Use a strong HSTS policy	⌄
○	Ensure proper origin isolation with COOP	⌄
○	Mitigate clickjacking with XFO or CSP	⌄

PASSED AUDITS (14)		Show

NOT APPLICABLE (3)		Show

📅 Captured at Aug 19, 2025, 5:58 PM GMT+1   🖥 Emulated Desktop with Lighthouse 12.6.1   🔗 Single page session

Initial page load

Custom throttling

Using Chromium 139.0.0.0 with

98

94

100