https://my-fitness-friend-2-48df58802784.herokuapp.com/

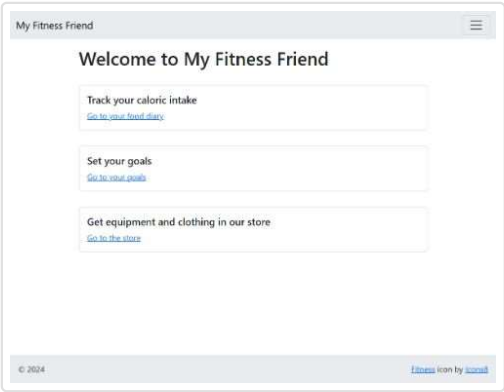| 100	93	100	100	PWA
Performance	Accessibility	Best Practices	SEO	PWA

100

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
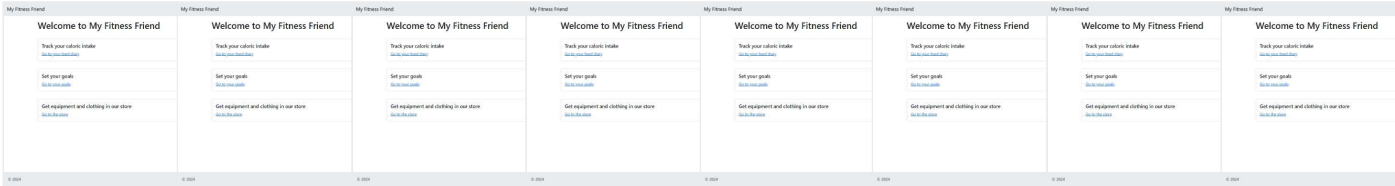
First Contentful Paint	Largest Contentful Paint
0.6 s	**0.6 s**

Total Blocking Time	Cumulative Layout Shift
0 ms	**0**

Speed Index	
0.6 s	

View Treemap

Show audits relevant to: All   FCP   LCP   TBT

DIAGNOSTICS

Enable text compression — Potential savings of 3 KiB ⌄

Serve static assets with an efficient cache policy — 2 resources found ⌄

Eliminate render-blocking resources — Potential savings of 0 ms ⌄

Reduce unused CSS — Potential savings of 13 KiB ⌄

Reduce unused JavaScript — Potential savings of 23 KiB ⌄

○ Initial server response time was short — Root document took 50 ms ⌄

○ Avoids enormous network payloads — Total size was 111 KiB ⌄

○ Avoids an excessive DOM size — 51 elements ⌄

○ Avoid chaining critical requests — 6 chains found ⌄

○ JavaScript execution time — 0.0 s ⌄

○ Minimizes main-thread work — 0.1 s ⌄

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

○ Largest Contentful Paint element — 590 ms ⌄

More information about the performance of your application. These numbers don't directly affect the Performance score.

PASSED AUDITS (26) Show

93

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.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio. ⌄

These are opportunities to improve the legibility of your content.

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 (12)   Show

NOT APPLICABLE (48)   Show

Best Practices

TRUST AND SAFETY

○   Ensure CSP is effective against XSS attacks   ⌄

GENERAL

○   Detected JavaScript libraries   ⌄

PASSED AUDITS (14)   Show

NOT APPLICABLE (1)   Show

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.

ADDITIONAL ITEMS TO MANUALLY CHECK (1) Show

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

PASSED AUDITS (9) Show

NOT APPLICABLE (5) Show

As per [Chrome's updated Installability Criteria](), Lighthouse will be deprecating the PWA category in a future release. Please refer to the [updated PWA documentation]() for future PWA testing.

PWA

PWA

These checks validate the aspects of a Progressive Web App. [Learn what makes a good Progressive Web App]().

INSTALLABLE

⚠ Web app manifest or service worker do not meet the installability requirements — 1 reason ⌄

PWA OPTIMIZED

⚠ Is not configured for a custom splash screen

Failures: Manifest does not have a PNG icon of at least 512px, Manifest does not have `background_color`, Manifest does not have `theme_color`, Manifest does not have `name`. ⌄

⚠ Does not set a theme color for the address bar.

Failures: Manifest does not have `theme_color`, No `<meta name="theme-color">` tag found. ⌄

○ Content is sized correctly for the viewport ⌄

Has a `<meta name="viewport">` tag with `width` or `initial-scale` ⌄

⚠ Manifest doesn't have a maskable icon ⌄

ADDITIONAL ITEMS TO MANUALLY CHECK (3) Show

These checks are required by the baseline [PWA Checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.

- Captured at Jun 5, 2024, 10:08 PM GMT+1
- Initial page load
- Emulated Desktop with Lighthouse 11.7.1
- Custom throttling
- Single page session
- Using Chromium 125.0.0.0 with devtools

Generated by **Lighthouse** 11.7.1 | [File an issue](#)