

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











Performance

Accessibility

Best Practices

**SEO** 

PWA



### Performance

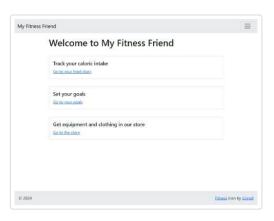
Values are estimated and may vary. The <u>performance score</u> is <u>calculated</u> directly from these metrics. <u>See calculator.</u>



0-49

50-89

90-100



METRICS Expand view

First Contentful Paint

0.6 s

Largest Contentful Paint

0.6 s

Total Blocking Time

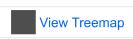
0 ms

Cumulative Layout Shift

0

Speed Index

 $0.6 \, \mathrm{s}$ 



My Fitness Friend	My Fitness Fried	nd	My Fitness Friend	My Fitness Friend	My Fitness Friend	My Fitness Friend	My Fitness Friend	My Fitness Friend
Welcome to My	Fitness Friend	Welcome to My Fitness Friend	Welcome to My Fitness Friend	Welcome to My Fitness Friend	Welcome to My Fitness Friend	Welcome to My Fitness Friend	Welcome to My Fitness Friend	Welcome to My Fitness Friend
Track your caloric intake Go to your bed day		Track your caloric intake So to your bad day	Track your caloric intake Go to your load day	Track your caloric intake So so your best day	Track your caloric intake Go.to your bed day	Track your caloric intake Government and day	Track your caloric intake Gostopus toed days	Track your caloric intake Go to purchast flay
Set your goals So to you push		Set your goals \$6.30.000 posis	Set your goals Seasons peels	Set your goals So to our pools	Set your goals 50.30 your push	Set your goals So to your youth	Set your goals So as you pools	Set your goals So to row peek
Get equipment and clothing so to be the store		Get equipment and clothing in our store to a character	Get equipment and cluthing in our stone Goals du save	Get equipment and clothing in our store to acclusions	Get equipment and clothing in our store to achieves	Get equipment and clothing in our store to stork close	Get equipment and disthing in our stone so acts case	Get equipment and clothing in our store to such store
0.309	0.3004		0.009	0.004	0.004	0.004	0.004	0.309

Show audits relevant to: All FCP LCP TBT

DIAGNOSTICS

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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	~
<ul> <li>Initial server response time was short — Root document took 50 ms</li> </ul>	~
<ul> <li>Avoids enormous network payloads — Total size was 111 KiB</li> </ul>	~
O Avoids an excessive DOM size — 51 elements	~
Avoid chaining critical requests — 6 chains found	~
O JavaScript execution time — 0.0 s	~
<ul> <li>Minimizes main-thread work — 0.1 s</li> </ul>	~
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



# 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.

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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	
O Detected JavaScript libraries	~
PASSED AUDITS (14)	Show
NOT APPLICABLE (1)	Show



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.

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ADDITIONAL ITEMS TO MANUALLY CHECK (1)	
Run these additional validators on your site to check additional SEO best practices.	
PASSED AUDITS (9)	Show
NOT APPLICABLE (5)	Show

As per <u>Chrome's updated Installability Criteria</u>, Lighthouse will be deprecating the PWA category in a future release. Please refer to the <u>updated PWA documentation</u> for future PWA testing.



## **PWA**

These checks validate the aspects of a Progressive Web App. <u>Learn what</u> <u>makes a good Progressive Web App</u>.

#### **INSTALLABLE**

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		Web app manifest or service worker do not meet the installability requirements — 1 reason	~
Failures: Manifest does not have a PNG icon of at least 512px, Manifest does not have 'background_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	Ρ	WA OPTIMIZED	
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		Is not configured for a custom splash screen	
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			~
Content is sized correctly for the viewport  Has a <meta name="viewport"/> tag with width or initial-scale		Does not set a theme color for the address bar.	
Has a <meta name="viewport"/> tag With width or initial-scale		Failures: Manifest does not have `theme_color`, No ` <meta name="theme-color"/> ` tag found.	
	)	Content is sized correctly for the viewport	~
▲ Manifest doesn't have a maskable icon		Has a <meta name="viewport"/> tag with width or initial-scale	~
	<b>A</b>	Manifest doesn't have a maskable icon	~
DDITIONAL ITEMS TO MANUALLY CHECK (3)			Sh

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These checks are required by the baseline <u>PWA Checklist</u> 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

Lighthouse 11.7.1

Initial page load

Custom throttling

Using Chromium 125.0.0.0 with devtools

Generated by **Lighthouse** 11.7.1 | File an issue

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