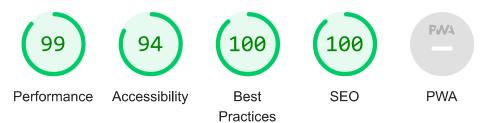


https://my-fitness-friend-2-48df58802784.herokuapp.com/accounts/login/





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

0.8 s

Total Blocking Time

0 ms

Cumulative Layout Shift

0

Speed Index

0.8 s



Show audits relevant to: All FCP LCP TBT CLS

DIAGNOSTICS

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Page prevented back/forward cache restoration — 1 failure reason	
rage prevented backhol ward cache restoration — Trailure reason	`
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	•
Initial server response time was short — Root document took 270 ms	
Avoid large layout shifts — 1 layout shift found	
Avoids enormous network payloads — Total size was 240 KiB	
Avoids an excessive DOM size — 56 elements	
Avoid chaining critical requests — 6 chains found	
JavaScript execution time — 0.0 s	
Minimizes main-thread work — 0.2 s	
Minimize third-party usage — Third-party code blocked the main thread for 0 ms	,
Largest Contentful Paint element — 830 ms	
nformation about the performance of your application. These numbers don't directly affect the Performance score.	
	Serve static assets with an efficient cache policy — 2 resources found Eliminate render-blocking resources — Potential savings of 0 ms Initial server response time was short — Root document took 270 ms Avoid large layout shifts — 1 layout shift found Avoids enormous network payloads — Total size was 240 KiB Avoids an excessive DOM size — 56 elements Avoid chaining critical requests — 6 chains found JavaScript execution time — 0.0 s Minimizes main-thread work — 0.2 s Minimize third-party usage — Third-party code blocked the main thread for 0 ms Largest Contentful Paint element — 830 ms

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.

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 <u>conducting an accessibility</u> <u>review</u>.

PASSED AUDITS (15) Show

NOT APPLICABLE (45) 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



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)	Show
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

A	Web app manifest or service worker do not meet the installability requirements — 1 reason	~
F	PWA OPTIMIZED	
	Is not configured for a custom splash screen	
A	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.	~
0	Content is sized correctly for the viewport	~
	Has a <meta name="viewport"/> tag with width or initial-scale	~
A	Manifest doesn't have a maskable icon	~

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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 8, 2024, 9:59

AM 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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