



Performance

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

▲ 0–49

50–89

90–100

The screenshot shows the 'About' page of the 'For Goodness Bakes' website. The page features a header with the site's name and a navigation bar with links for Home, About, and Logout. Below the header is a large image of two men, identified as the founders, smiling. The main content area contains text about the history of the site and its mission to bring people together through baking. A call-to-action button labeled 'Get in touch' is at the bottom.

METRICS

[Expand view](#)

First Contentful Paint

1.3 s

Largest Contentful Paint

1.6 s

Total Blocking Time

0 ms

Cumulative Layout Shift

0.008

Speed Index

1.3 s[View Treemap](#)

Later this year, insights will replace performance audits. [Learn more and provide feedback here.](#)

[Try insights](#)Show audits relevant to: All [FCP](#) [LCP](#) [TBT](#) [CLS](#)

DIAGNOSTICS

▲ Eliminate render-blocking resources — **Est savings of 750 ms** ▼

▲ Largest Contentful Paint element — **1,650 ms** ▼

Minify CSS — **Est savings of 3 KiB** ▼

Enable text compression — **Est savings of 13 KiB** ▼

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

Properly size images — **Est savings of 29 KiB** ▼

Avoid serving legacy JavaScript to modern browsers — **Est savings of 0 KiB** ▼

Reduce unused CSS — **Est savings of 45 KiB** ▼

○ Avoid large layout shifts — **2 layout shifts found** ▼

○ Avoid chaining critical requests — **8 chains found** ▼

○ 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 (27)

[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.

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 (21)

[Show](#)

NOT APPLICABLE (36)

[Show](#)

Best Practices

GENERAL

- ▲ Uses third-party cookies — 14 cookies found



- ▲ Issues were logged in the [Issues](#) panel in Chrome Devtools



TRUST AND SAFETY

- Ensure CSP is effective against XSS attacks



- Use a strong HSTS policy



PASSED AUDITS (12)

[Show](#)

NOT APPLICABLE (5)

[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](#).

CONTENT BEST PRACTICES

⚠ Document does not have a meta description



Format your HTML in a way that enables crawlers to better understand your app's content.

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 Jan 29, 2026,
10:23 PM GMT

Initial page load

Emulated Desktop with
Lighthouse 12.6.0

Custom throttling

Single page session

Using Chromium 138.0.0.0
with devtools