



## 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 a web browser window for 'For Goodness Bakes'. At the top, there's a navigation bar with links for 'Home', 'About', 'Register', and 'Login'. Below the navigation, a 'Register' form is displayed. The form includes fields for 'Username' and 'Email (optional)', both with placeholder text 'Email address'. There's also a 'Password' field with placeholder text 'Password' and three password confirmation fields: 'Password', 'Password [again]', and 'Password [again]'. A note above the password fields states: 'Your password can't be too similar to your other personal information.' followed by four bullet points: 'Your password must contain at least 8 characters.', 'Your password can't be a commonly used password.', 'Your password can't be entirely numeric.', and 'Your password can't be too similar to your other personal information.'

## METRICS

[Expand view](#)

First Contentful Paint

0.7 s

Largest Contentful Paint

0.9 s

Total Blocking Time

**0 ms**

Cumulative Layout Shift

**0.004**

Speed Index

**0.7 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 350 ms**

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

▲ Page prevented back/forward cache restoration — **1 failure reason**

Minify CSS — **Est savings of 3 KiB**

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

Serve static assets with an efficient cache policy — **1 resource found**

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

○ Largest Contentful Paint element — **920 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.

## 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 (18)

Show

## NOT APPLICABLE (38)

Show



## Best Practices

## TRUST AND SAFETY

- Ensure CSP is effective against XSS attacks ▼
- Use a strong HSTS policy ▼

## PASSED AUDITS (14)

Show

## NOT APPLICABLE (5)

[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.](#)

### 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 (6)

[Show](#)

### NOT APPLICABLE (3)

[Show](#)

Captured at Jan 29, 2026,  
10:13 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