https://for-goodness-bakes-app-93b97c50dd02.herokuapp.com/about/

⋮

96
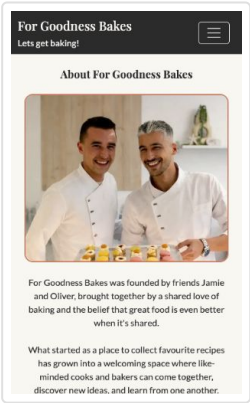Performance

100
Accessibility

79
Best Practices

91
SEO

96

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

2.0 s

Largest Contentful Paint

2.5 s

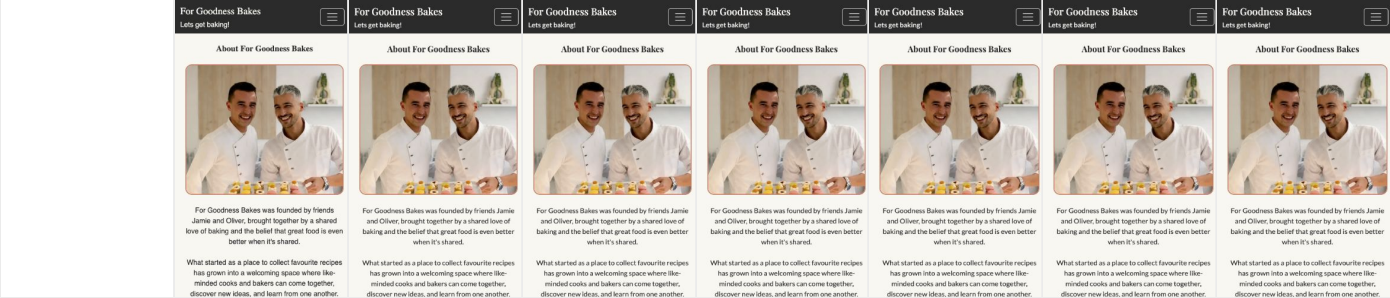| Total Blocking Time	Cumulative Layout Shift
0 ms	**0.006**

Speed Index

2.0 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 900 ms   ⌄

⚠️ Reduce unused CSS — Est savings of 45 KiB   ⌄

⚠️ Properly size images — Est savings of 18 KiB   ⌄

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   ⌄

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 — 2,460 ms   ⌄

○ Avoid long main-thread tasks — 2 long tasks found ⌄

More information about the performance of your application. These numbers don't [directly affect](#) the Performance score.

PASSED AUDITS (26)   Show

100

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
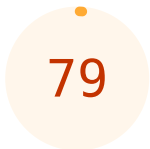
These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).

PASSED AUDITS (19)   Show

NOT APPLICABLE (38)   Show

79

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 (13) Show

NOT APPLICABLE (4) 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, 10:22 PM GMT
■ Emulated Moto G Power with Lighthouse 12.6.0
■ Single page session

■ Initial page load
■ Slow 4G throttling
■ Using Chromium 138.0.0.0 with devtools

Generated by **Lighthouse** 12.6.0 | File an issue