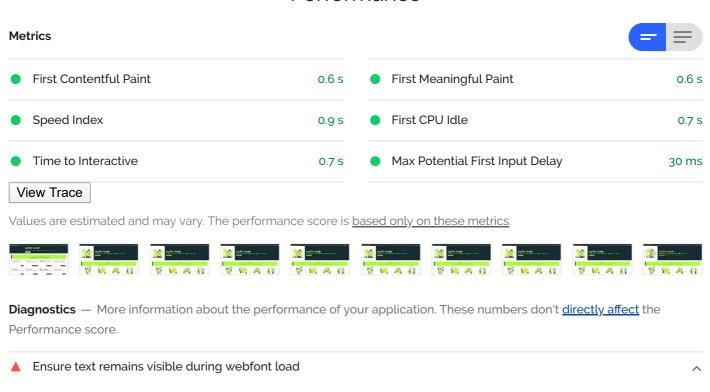




Performance



Leverage the font-display CSS feature to ensure text is user-visible while webfonts are loading. Learn more.



...webfonts/fa-brands-400.woff2 (pro.fontawesome.com)

0 ms

o ms

...webfonts/fa-solid-900.woff2 (pro.fontawesome.com)

Avoid chaining critical requests — 11 chains found

URL

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. <u>Learn more</u>.

Initial Navigation

https://agilmindset.com
css/all.css (pro.fontawesome.com) - 10 ms, 0 KB
css/bootstrap.min.css (stackpath.bootstrapcdn.com) - 10 ms, 0 KB
/css?family=Comfortaa:500&display=swap (fonts.googleapis.com) - 10 ms, 0 KB
css/style.css (agilmindset.com) - 80 ms, 1.73 KB
/jquery-3.4.1.slim.min.js (code.jquery.com) - 0 ms, 0 KB
umd/popper.min.js (cdn.jsdelivr.net) - 0 ms, 0 KB
js/bootstrap.min.js (stackpath.bootstrapcdn.com) - 0 ms, 0 KB
js/script.js (agilmindset.com) - 150 ms, 1.4 KB
webfonts/fa-brands-400.woff2 (pro.fontawesome.com) - 0 ms, 0 KB
webfonts/fa-solid-900.woff2 (pro.fontawesome.com) - 0 ms, 0 KB
v27/1Pt_g8LJRwoff2 (fonts.gstatic.com) - 0 ms, 0 KB
/manifest.json (agilmindset.com) - 220 ms, 0.25 KB

lacksquare Keep request counts low and transfer sizes small - 30 requests \cdot 414 KB

To set budgets for the quantity and size of page resources, add a budget, json file. Learn more.

Resource Type	Requests	Transfer Size
Total	30	414 KB
Image	16	397 KB
Document	1	8 KB
Other	2	6 KB
Stylesheet	4	2 KB
Script	4	1 KB
Media	0	о КВ
Font	3	о КВ
Third-party	11	о КВ

Passed audits (21)

Eliminate render-blocking resources — Potential savings of o ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. <u>Learn more</u>.

Show 3rd party resources (0)

URL Size Potential Savings

Serve images in next-gen formats

Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster downloads and less data consumption. Learn more. Enable text compression Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. Learn more. Preconnect to required origins Consider adding 'preconnect' or 'dns-prefetch' resource hints to establish early connections to important third-party origins. Learn more. Server response times are low (TTFB) — Root document took 260 ms Time To First Byte identifies the time at which your server sends a response. Learn more. Avoid multiple page redirects Redirects introduce additional delays before the page can be loaded. Learn more. Preload key requests Consider using `k rel=preload>` to prioritize fetching resources that are currently requested later in page load. Learn more Use video formats for animated content Large GIFs are inefficient for delivering animated content. Consider using MPEG4/WebM videos for animations and PNG/WebP for static images instead of GIF to save network bytes. <u>Learn more</u> Avoids enormous network payloads — Total size was 414 KB Large network payloads cost users real money and are highly correlated with long load times. Learn more, Show 3rd party resources (0) URL Size ...img/dados-em-conhecimento-464x464.jpg (agilmindset.com) 37 KB ...img/persona-in-persona-432x288.jpg (agilmindset.com) 33 KB ...img/ideias-colaborativas-464x464.jpg (agilmindset.com) 30 KB ...img/criacao-de-personas-464x464.jpg (agilmindset.com) 30 KB ...img/prototipagem-rapida-432x288.jpg (agilmindset.com) 30 KB ...img/cocriacao-432x288.jpg (agilmindset.com) 30 KB ...img/agil-mindset-464x464.jpg (agilmindset.com) 29 KB ...img/data-analytics-432x288.jpg (agilmindset.com) 28 KB ...img/ideias-e-insights-432x288.jpg (agilmindset.com) 27 KB ...img/relatorios-dinamicos-432x288.jpg (agilmindset.com) 26 KB

Uses efficient cache policy on static assets — o resources found

A long cache lifetime can speed up repeat visits to your page. <u>Learn more.</u>

Avoids an excessive DOM size — 226 elements

A large DOM will increase memory usage, cause longer <u>style calculations</u>, and produce costly <u>layout reflows</u>. <u>Learn more</u>.

Statistic	Element	Value
Total DOM Elements		226
Maximum DOM Depth		10
Maximum Child Elements	<body></body>	7

User Timing marks and measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. <u>Learn more</u>.

JavaScript execution time — 0.0 s

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. <u>Learn more</u>.

URL	Total CPU Time	Script Evaluation	Script Parse
Other	480 ms	10 ms	1 ms

Show 3rd party resources (0)

Minimizes main-thread work — 0.6 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. <u>Learn more</u>

Category	Time Spent
Other	336 ms
Script Evaluation	86 ms
Parse HTML & CSS	55 ms
Rendering	41 ms
Style & Layout	41 ms
Script Parsing & Compilation	28 ms
Garbage Collection	8 ms

● Minimize third-party usage — Third-party code blocked the main thread for o ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. <u>Learn more</u>.

Third-Party	Size	Main-Thread Blocking Time
FontAwesome CDN	o KB	o ms

Third-Party	Size	Main-Thread Blocking Time
Bootstrap CDN	o KB	0 ms
jQuery CDN	o KB	o ms
JSDelivr CDN	o KB	o ms



Accessibility

These checks highlight opportunities to <u>improve the accessibility of</u> <u>your web app</u>. Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

Additional items to manually check (11) — These items address areas which an automated testing tool cannot cover. Learn more in our guide on conducting an accessibility review. The page has a logical tab order Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. Learn more. Interactive controls are keyboard focusable Custom interactive controls are keyboard focusable and display a focus indicator. Learn more. Interactive elements indicate their purpose and state Interactive elements, such as links and buttons, should indicate their state and be distinguishable from non-interactive elements. Learn more. The user's focus is directed to new content added to the page If new content, such as a dialog, is added to the page, the user's focus is directed to it. Learn more. User focus is not accidentally trapped in a region A user can tab into and out of any control or region without accidentally trapping their focus. Learn more. Custom controls have associated labels Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. Learn more. Custom controls have ARIA roles Custom interactive controls have appropriate ARIA roles. Learn more. Visual order on the page follows DOM order DOM order matches the visual order, improving navigation for assistive technology. Learn more. Offscreen content is hidden from assistive technology Offscreen content is hidden with display: none or aria-hidden=true. Learn more.

	Headings don't skip levels	^
	Headings are used to create an outline for the page and heading levels are not skipped. <u>Learn more</u> .	
•	HTML5 landmark elements are used to improve navigation	^
	Landmark elements (<main>, <nav>, etc.) are used to improve the keyboard navigation of the page for assistive technology. Learn more.</nav></main>	
Pas	ssed audits (16)	^
•	[role]s have all required [aria-*] attributes	^
	Some ARIA roles have required attributes that describe the state of the element to screen readers. <u>Learn more</u> .	
•	Elements with an ARIA [role] that require children to contain a specific [role] have all required children.	^
	Some ARIA parent roles must contain specific child roles to perform their intended accessibility functions. <u>Learn more</u> .	
•	[role]s are contained by their required parent element	^
	Some ARIA child roles must be contained by specific parent roles to properly perform their intended accessibility functions. <u>Learn more</u> .	
•	[role] values are valid	^
	ARIA roles must have valid values in order to perform their intended accessibility functions. <u>Learn more</u> .	
•	Buttons have an accessible name	^
	When a button doesn't have an accessible name, screen readers announce it as "button", making it unusable for users who rely on screen readers. <u>Learn more</u> .	
•	The page contains a heading, skip link, or landmark region	^
	Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. <u>Learn more.</u>	
•	Background and foreground colors have a sufficient contrast ratio	^
	Low-contrast text is difficult or impossible for many users to read. <u>Learn more</u> .	
•	Document has a <title> element</td><td>^</td></tr><tr><td></td><td>The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. <u>Learn more</u>.</td><td>l</td></tr><tr><td>•</td><td>[id] attributes on the page are unique</td><td>^</td></tr><tr><td></td><td>The value of an id attribute must be unique to prevent other instances from being overlooked by assistive technologies
<u>Learn more</u>.</td><td>ŝ.</td></tr><tr><td>•</td><td><html> element has a [lang] attribute</td><td>^</td></tr><tr><td></td><td>If a page doesn't specify a lang attribute, a screen reader assumes that the page is in the default language that the user chose when setting up the screen reader. If the page isn't actually in the default language, then the screen reader might not announce the page's text correctly. <u>Learn more</u>.</td><td></td></tr><tr><td>•</td><td><html> element has a valid value for its [lang] attribute</td><td>^</td></tr></tbody></table></title>	

Image elements have [alt] attributes Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. Learn more. Links have a discernible name Link text (and alternate text for images, when used as links) that is discernible, unique, and focusable improves the navigation experience for screen reader users. Learn more. Lists contain only elements and script supporting elements (<script> and <template>). Screen readers have a specific way of announcing lists. Ensuring proper list structure aids screen reader output. Learn more. List items () are contained within or parent elements Screen readers require list items ('') to be contained within a parent '' or '' to be announced properly. Learn more. [user-scalable="no"] is not used in the <meta name="viewport"> element and the [maximum-scale] attribute is not less than 5. Disabling zooming is problematic for users with low vision who rely on screen magnification to properly see the contents of a web page. Learn more. Not applicable (19) [accesskey] values are unique Access keys let users quickly focus a part of the page. For proper navigation, each access key must be unique. Learn more. [aria-*] attributes match their roles Each ARIA 'role' supports a specific subset of 'aria-*' attributes. Mismatching these invalidates the 'aria-*' attributes. Learn more. [aria-*] attributes have valid values Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. Learn more. [aria-*] attributes are valid and not misspelled Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. Learn more. <audio> elements contain a <track> element with [kind="captions"] Captions make audio elements usable for deaf or hearing-impaired users, providing critical information such as who is talking, what they're saying, and other non-speech information. Learn more. <dl>'s contain only properly-ordered <dt> and <dd> groups, <script> or <template> elements. When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. Learn

more.

Specifying a valid BCP 47 language helps screen readers announce text properly. Learn more.

Definition list items are wrapped in <dl> elements</dl>	^
Definition list items (' <dt>` and `<dd>`) must be wrapped in a parent `<dl>` element to ensure that screen readers can properly announce them. <u>Learn more</u>.</dl></dd></dt>	
<frame/> or <iframe> elements have a title</iframe>	^
Screen reader users rely on frame titles to describe the contents of frames. <u>Learn more</u> .	
<input type="image"/> elements have [alt] text	^
When an image is being used as an ` <input/> ` button, providing alternative text can help screen reader users understand the purpose of the button. <u>Learn more</u> .	1
Form elements have associated labels	^
Labels ensure that form controls are announced properly by assistive technologies, like screen readers. <u>Learn more</u> .	
Presentational elements avoid using , <caption> or the [summary] attribute.</caption>	^
A table being used for layout purposes should not include data elements, such as the thor caption elements or the summary attribute, because this can create a confusing experience for screen reader users. <u>Learn more</u> .	
The document does not use <meta http-equiv="refresh"/>	^
Users do not expect a page to refresh automatically, and doing so will move focus back to the top of the page. This may create a frustrating or confusing experience. <u>Learn more</u> .	
<object> elements have [alt] text</object>	^
Screen readers cannot translate non-text content. Adding all text to ` <object>` elements helps screen readers convey meaning to users. <u>Learn more</u>.</object>	
No element has a [tabindex] value greater than o	^
A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often creates frustrating experiences for users who rely on assistive technologies. <u>Learn more</u> .	
Cells in a element that use the [headers] attribute refer to table cells within the same table.	^
Screen readers have features to make navigating tables easier. Ensuring `` cells using the `[headers]` attribute only refer to other cells in the same table may improve the experience for screen reader users. <u>Learn more</u> .	
elements and elements with [role="columnheader"/"rowheader"] have data cells they describe.	^
Screen readers have features to make navigating tables easier. Ensuring table headers always refer to some set of cells may improve the experience for screen reader users. <u>Learn more</u> .	;
[lang] attributes have a valid value	^
Specifying a valid <u>BCP 47 language</u> on elements helps ensure that text is pronounced correctly by a screen reader. <u>Learn more</u> .	
<video> elements contain a <track/> element with [kind="captions"]</video>	^
When a video provides a caption it is easier for deaf and hearing impaired users to access its information. <u>Learn more</u> .	
<video> elements contain a <track/> element with [kind="description"]</video>	^



Best Practices

▲ Does not use HTTP/2 for all of its resources — 19 requests not served via HTTP/2

HTTP/2 offers many benefits over HTTP/1.1, including binary headers, multiplexing, and server push. Learn more.

Show 3rd-party resources (0) URL Protocol https://agilmindset.com http/1.1 ...css/style.css (agilmindset.com) http/1.1 ...img/agil-mindset-464x464.jpg (agilmindset.com) http/1.1 ...img/ponte-464x464.jpg (agilmindset.com) http/1.1 ...img/ideias-colaborativas-464x464.jpg (agilmindset.com) http/1.1 ...img/criacao-de-personas-464x464.jpg (agilmindset.com) http/1.1 ...img/dados-em-conhecimento-464x464.jpg (agilmindset.com) http/1.1 ...img/projetos-ageis-464x464.jpg (agilmindset.com) http/1.1 ...img/inspiracao-432x288.jpg (agilmindset.com) http/1.1 ...img/ideias-e-insights-432x288.jpg (agilmindset.com) http/1.1 ...img/cocriacao-432x288.jpg (agilmindset.com) http/1.1 ...img/prototipagem-rapida-432x288.jpg (agilmindset.com) http/1.1 ...img/gamification-432x288.jpg (agilmindset.com) http/1.1 ...img/data-analytics-432x288.jpg (agilmindset.com) http/1.1 ...img/relatorios-dinamicos-432x288.jpg (agilmindset.com) http/1.1 ...img/persona-in-persona-432x288.jpg (agilmindset.com) http/1.1 ...js/script.js (agilmindset.com) http/1.1 /manifest.json (agilmindset.com) http/1.1 ...favicons/android-icon-144x144.png (agilmindset.com) http/1.1

Passed audits (14)

Allows users to paste into password fields

•	Uses HTTPS	^
	All sites should be protected with HTTPS, even ones that don't handle sensitive data. HTTPS prevents intruction tampering with or passively listening in on the communications between your app and your users, and is a property of the protected with HTTP/2 and many new web platform APIs. Learn more.	
•	Uses passive listeners to improve scrolling performance	^
	Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performant more.	ce. <u>Learn</u>
•	Avoids document.write()	^
	For users on slow connections, external scripts dynamically injected via `document.write()` can delay page to of seconds. <u>Learn more</u> .	oad by tens
•	Links to cross-origin destinations are safe	^
	Add `rel="noopener"` or `rel="noreferrer"` to any external links to improve performance and prevent security vulnerabilities. <u>Learn more</u> .	
•	Avoids requesting the geolocation permission on page load	^
	Users are mistrustful of or confused by sites that request their location without context. Consider tying the reuser action instead. <u>Learn more</u> .	equest to a
•	Page has the HTML doctype	^
	Specifying a doctype prevents the browser from switching to quirks-mode. <u>Learn more</u> .	
•	Avoids front-end JavaScript libraries with known security vulnerabilities	^
	Some third-party scripts may contain known security vulnerabilities that are easily identified and exploited but Learn more.	y attackers.
•	Detected JavaScript libraries	^
	All front-end JavaScript libraries detected on the page. <u>Learn more</u> .	
	Name Version	
	Bootstrap 4.4.1	
	jQuery 3.4.1	
	jQuery (Fast path)	
•	Avoids requesting the notification permission on page load	^
	Users are mistrustful of or confused by sites that request to send notifications without context. Consider tyin request to user gestures instead. <u>Learn more</u> .	g the
•	Avoids deprecated APIs	^
	Deprecated APIs will eventually be removed from the browser. <u>Learn more</u> .	

Preventing password pasting undermines good security policy. Learn more.

No browser errors logged to the console

Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. <u>Learn more</u>

Displays images with correct aspect ratio

Image display dimensions should match natural aspect ratio. Learn more.



These checks ensure that your page is optimized for search engine results ranking. There are additional factors Lighthouse does not check that may affect your search ranking. <u>Learn more</u>.

that may affect your scaroff affairing. <u>Ecammore.</u>	
Additional items to manually check (1) - Run these additional validators on your site to check additional SEO best practices.	^
Structured data is valid	^
Run the <u>Structured Data Testing Tool</u> and the <u>Structured Data Linter</u> to validate structured data. <u>Learn more</u> .	
Passed audits (11)	^
Has a <meta name="viewport"/> tag with width or initial-scale	^
Add a ` <meta name="viewport"/> ` tag to optimize your app for mobile screens. <u>Learn more</u> .	
Document has a <title> element</td><td>^</td></tr><tr><td>The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine page is relevant to their search. <u>Learn more</u>.</td><td>e if a</td></tr><tr><td>Document has a meta description</td><td>^</td></tr><tr><td>Meta descriptions may be included in search results to concisely summarize page content. <u>Learn more</u>.</td><td></td></tr><tr><td>Page has successful HTTP status code</td><td>^</td></tr><tr><td>Pages with unsuccessful HTTP status codes may not be indexed properly. <u>Learn more</u>.</td><td></td></tr><tr><td>Links have descriptive text</td><td>^</td></tr><tr><td>Descriptive link text helps search engines understand your content. <u>Learn more</u>.</td><td></td></tr><tr><td>Page isn't blocked from indexing</td><td>^</td></tr></tbody></table></title>	

Search engines are unable to include your pages in search results if they don't have permission to crawl them. <u>Learn</u> <u>more</u>.

robots.txt is valid

If your robots.txt file is malformed, crawlers may not be able to understand how you want your website to be crawled or indexed. Learn more.

Image elements have [alt] attributes

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. <u>Learn more</u>.

Document has a valid hreflang

hreflang links tell search engines what version of a page they should list in search results for a given language or region. <u>Learn more</u>.

Document has a valid rel=canonical

Canonical links suggest which URL to show in search results. Learn more.

Document avoids plugins

Search engines can't index plugin content, and many devices restrict plugins or don't support them. Learn more.

Not applicable (2)

Document uses legible font sizes

Font sizes less than 12px are too small to be legible and require mobile visitors to "pinch to zoom" in order to read. Strive to have >60% of page text ≥12px. <u>Learn more</u>.

Tap targets are sized appropriately

Interactive elements like buttons and links should be large enough (48x48px), and have enough space around them, to be easy enough to tap without overlapping onto other elements. <u>Learn more</u>.



Progressive Web App

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

Fast and reliable

Page load is fast enough on mobile networks

A fast page load over a cellular network ensures a good mobile user experience. Learn more.

Current page does not respond with a 200 when offline

If you're building a Progressive Web App, consider using a service worker so that your app can work offline. Learn more. start_url does not respond with a 200 when offline Timed out waiting for start_url to respond. A service worker enables your web app to be reliable in unpredictable network conditions. Learn more. Installable **Uses HTTPS** All sites should be protected with HTTPS, even ones that don't handle sensitive data. HTTPS prevents intruders from tampering with or passively listening in on the communications between your app and your users, and is a prerequisite for HTTP/2 and many new web platform APIs. Learn more. Does not register a service worker that controls page and start_url The service worker is the technology that enables your app to use many Progressive Web App features, such as offline, add to homescreen, and push notifications. Learn more. Web app manifest meets the installability requirements Browsers can proactively prompt users to add your app to their homescreen, which can lead to higher engagement. Learn more. **PWA Optimized** Redirects HTTP traffic to HTTPS If you've already set up HTTPS, make sure that you redirect all HTTP traffic to HTTPS in order to enable secure web features for all your users. Learn more. Is not configured for a custom splash screen Failures: Manifest does not have a PNG icon of at least 512px. A themed splash screen ensures a high-quality experience when users launch your app from their homescreens. Learn more. Sets a theme color for the address bar. The browser address bar can be themed to match your site. Learn more. Content is sized correctly for the viewport If the width of your app's content doesn't match the width of the viewport, your app might not be optimized for mobile screens. Learn more. Has a <meta name="viewport"> tag with width or initial-scale Add a '<meta name="viewport"> `tag to optimize your app for mobile screens. Learn more. Contains some content when JavaScript is not available

For ideal appearance on iOS when users add a progressive web app to the home screen, define an 'apple-touch-icon'. It must point to a non-transparent 192px (or 180px) square PNG. <u>Learn More</u>.

Your app should display some content when JavaScript is disabled, even if it's just a warning to the user that JavaScript

is required to use the app. Learn more.

Provides a valid apple-touch-icon

Iditional items to manually check (3) — These checks are required by the baseline <u>PWA Checklist</u> but are not tomatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.	^
Site works cross-browser	^
To reach the most number of users, sites should work across every major browser. <u>Learn more</u> .	
Page transitions don't feel like they block on the network	^
Transitions should feel snappy as you tap around, even on a slow network. This experience is key to a user's perception of performance. <u>Learn more</u> .	n
Each page has a URL	^
Ensure individual pages are deep linkable via URL and that URLs are unique for the purpose of shareability on social media. Learn more.	

Runtime Settings

URL	https://agilmindset.com/
Fetch time	Dec 28, 2019, 11:16 PM GMT-3
Device	Emulated Desktop
Network throttling	Provided by environment
CPU throttling	Provided by environment
User agent (host)	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/79.0.3945.88 Safari/537.36
User agent (network)	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_13_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/74.0.3694.0 Safari/537.36 Chrome-Lighthouse
CPU/Memory Power	988

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