

Report from Dec 2, 2025, 11:33:08 AM

<https://ltfitnessstracker.online/>

Analyze



Discover what your real users are
experiencing

 No Data



Performance



Accessibility



Best Practices



SEO



Performance

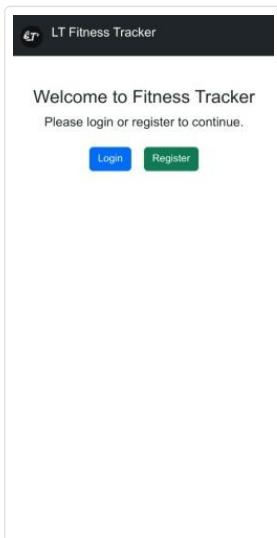
Values are estimated and may vary. The [performance score is calculated directly from these metrics. See calculator.](#)



0–49

50–89

90–100



METRICS

[Expand view](#)

First Contentful Paint

20s

Largest Contentful Paint

21s

0 ms

0

Speed Index

2.8 s

Captured at Dec 2, 2025, 11:32

AM EST

Initial page load

Emulated Moto G Power with

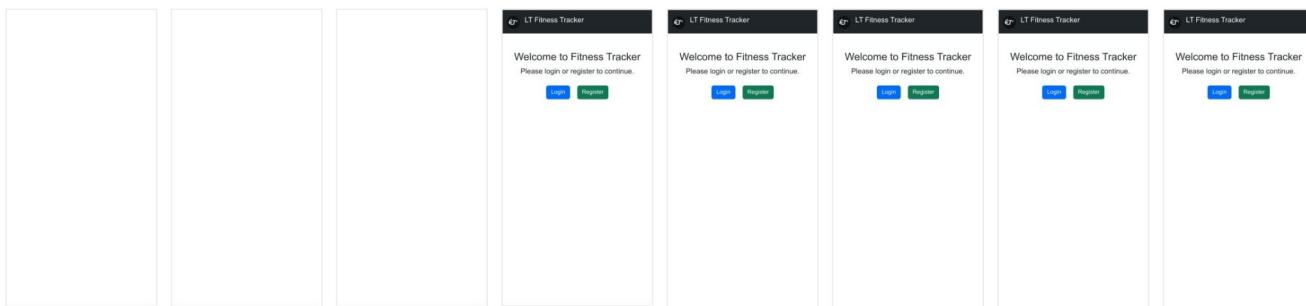
Lighthouse 13.0.1

Slow 4G throttling

Single page session

Using HeadlessChromium

137.0.7151.119 with lr



Show audits relevant to: All [FCP](#) [LCP](#)

INSIGHTS

⚠ Render blocking requests — Est savings of 280 ms

Requests are blocking the page's initial render, which may delay LCP. [Deferring or inlining](#) can move these network requests out of the critical path. [LCP](#) [FCP](#) [Unscored](#)

Show 3rd-party resources (2)

| URL | Transfer Size | Duration |
|---|---------------|----------|
| ltfitnesstracker.online 1st Party | 0.4 KiB | 190 ms |
| ...css/styles.css (ltfitnesstracker.online) | 0.4 KiB | 190 ms |
| Cloudflare CDN Cdn | 19.3 KiB | 900 ms |
| ...css/all.min.css (cdnjs.cloudflare.com) | 19.3 KiB | 900 ms |
| JSDelivr CDN Cdn | 33.4 KiB | 1,200 ms |
| ...css/bootstrap.min.css (cdn.jsdelivr.net) | 33.4 KiB | 1,200 ms |

⚠ Network dependency tree

[Avoid chaining critical requests](#) by reducing the length of chains, reducing the download size of

Maximum critical path latency: **731 ms**

Initial Navigation

<https://ltnfitnessstracker.online> - **309 ms**, 5.19 KiB

- /auth/csrf-token (ltnfitnessstracker.online) - **731 ms**, 5.15 KiB
- ...css/bootstrap.min.css (cdn.jsdelivr.net) - **360 ms**, 33.35 KiB
- ...css/all.min.css (cdnjs.cloudflare.com) - **365 ms**, 19.28 KiB
- ...css/styles.css (ltnfitnessstracker.online) - **482 ms**, 0.43 KiB
- ...js/bootstrap.bundle.min.js (cdn.jsdelivr.net) - **342 ms**, 24.94 KiB
- ...js/scripts.js (ltnfitnessstracker.online) - **593 ms**, 0.32 KiB

Preconnected origins

[preconnect](#) hints help the browser establish a connection earlier in the page load, saving time when the first request for that origin is made. The following are the origins that the page preconnected to.

no origins were preconnected

Preconnect candidates

Add [preconnect](#) hints to your most important origins, but try to use no more than 4.

No additional origins are good candidates for preconnecting

Document request latency — **Est savings of 3 KiB**

Your first network request is the most important. [Reduce its latency](#) by avoiding redirects, ensuring a fast server response, and enabling text compression. [LCP](#) [FCP](#) [Unscored](#)

Avoids redirects

Server responds quickly (observed 2 ms)

No compression applied

Improve image delivery — **Est savings of 17 KiB**

Reducing the download time of images can improve the perceived load time of the page and LCP.

[Learn more about optimizing image size](#) [LCP](#) [FCP](#) [Unscored](#)



LT

Fitness Tracker Logo

```

```

This image file is larger than it needs to be (640x640) for its displayed dimensions (61x61). Use responsive images to reduce the image download size.

16.9 KiB

LCP breakdown

Each **subpart has specific improvement strategies**. Ideally, most of the LCP time should be spent on loading the resources, not within delays. **LCP** Unscored

| Subpart | Duration |
|----------------------|----------|
| Time to first byte | 0 ms |
| Element render delay | 1,440 ms |
| | |

Welcome to Fitness Tracker
<h1>

3rd parties

3rd party code can significantly impact load performance. [Reduce and defer loading of 3rd party code](#) to prioritize your page's content. Unscored

| 3rd party | Transfer size | Main thread time |
|--|---------------|------------------|
| JSDelivr CDN Cdn | 58 KiB | 10 ms |
| ...js/bootstrap.bundle.min.js (cdn.jsdelivr.net) | 25 KiB | 10 ms |
| ...css/bootstrap.min.css (cdn.jsdelivr.net) | 33 KiB | 0 ms |

These insights are also available in the Chrome DevTools Performance Panel - [record a trace](#) to view more detailed information.

DIAGNOSTICS

▲ Reduce unused CSS — Est savings of 49 KiB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn how to reduce unused CSS.](#) [LCP](#) [FCP](#)

[Unscored](#)

| URL | Transfer Size | Est Savings |
|---|-----------------|-----------------|
| JSDelivr CDN Cdn | 32.2 KiB | 30.8 KiB |
| ...css/bootstrap.min.css (cdn.jsdelivr.net) | 32.2 KiB | 30.8 KiB |
| Cloudflare CDN Cdn | 18.2 KiB | 18.2 KiB |
| ...css/all.min.css (cdnjs.cloudflare.com) | 18.2 KiB | 18.2 KiB |

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

PASSED AUDITS (20)

Show

Use efficient cache lifetimes

A long cache lifetime can speed up repeat visits to your page. [Learn more about caching.](#) [LCP](#) [FCP](#)

[Unscored](#)

Layout shift culprits

Layout shifts occur when elements move absent any user interaction. [Investigate the causes of layout shifts](#), such as elements being added, removed, or their fonts changing as the page loads.

[CLS](#) [Unscored](#)

Optimize DOM size



DOM size. Unscored

| Statistic | Element | Value |
|----------------|--|-------|
| Total elements | | 21 |
| DOM depth | Login <code></code> | 7 |
| | body <code><body></code> | |
| Most children | | 5 |

Duplicated JavaScript

Remove large, [duplicate JavaScript modules](#) from bundles to reduce unnecessary bytes consumed by network activity. LCP FCP Unscored

Font display

Consider setting [font-display](#) to swap or optional to ensure text is consistently visible. swap can be further optimized to mitigate layout shifts with [font metric overrides](#). Unscored

Forced reflow

A forced reflow occurs when JavaScript queries geometric properties (such as offsetWidth) after styles have been invalidated by a change to the DOM state. This can result in poor performance.

Learn more about [forced reflows](#) and possible mitigations. Unscored

○ INP breakdown

Start investigating [how to improve INP](#) by looking at the longest subpart. Unscored

○ LCP request discovery

[Optimize LCP](#) by making the LCP image discoverable from the HTML immediately, and avoiding lazy-loading Unscored

Legacy JavaScript



sites can deploy ES6+ code without transpiling [LCP](#) [FCP](#) [Unscored](#)

Optimize viewport for mobile

Tap interactions may be [delayed by up to 300 ms](#) if the viewport is not optimized for mobile.

[Unscored](#)

head > meta

```
<meta name="viewport" content="width=device-width, initial-scale=1.0">
```

Minify CSS

Minifying CSS files can reduce network payload sizes. [Learn how to minify CSS](#). [LCP](#) [FCP](#) [Unscored](#)

Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn how to minify JavaScript](#). [LCP](#) [FCP](#) [Unscored](#)

Reduce unused JavaScript

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn how to reduce unused JavaScript](#). [LCP](#) [FCP](#) [Unscored](#)

Avoids enormous network payloads — Total size was 106 KiB

Large network payloads cost users real money and are highly correlated with long load times.

[Learn how to reduce payload sizes](#). [Unscored](#)

Show 3rd-party resources (3)

| URL | Transfer Size |
|--|-----------------|
| JSDelivr CDN Cdn | 58.3 KiB |
| ...css/bootstrap.min.css (cdn.jsdelivr.net) | 33.4 KiB |
| ...js/bootstrap.bundle.min.js (cdn.jsdelivr.net) | 24.9 KiB |

| | | 19.3 KiB |
|--|-----|----------|
| https://lft fitnessstracker.online | | 5.2 KiB |
| /auth/csrf-token (lft fitnessstracker.online) | | 5.2 KiB |
| ...css/styles.css (lft fitnessstracker.online) | | 0.4 KiB |
| ...js/scripts.js (lft fitnessstracker.online) | | 0.3 KiB |
| Cloudflare CDN | Cdn | |
| ...css/all.min.css (cdnjs.cloudflare.com) | | 19.3 KiB |

○ 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. [Learn more about User Timing marks.](#) TBT Unscored

○ JavaScript execution time

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to reduce Javascript execution time.](#) TBT Unscored

Minimizes main-thread work — 0.1 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to minimize main-thread work](#) TBT Unscored

| Category | Time Spent |
|------------------------------|------------|
| Other | 34 ms |
| Style & Layout | 13 ms |
| Script Evaluation | 11 ms |
| Parse HTML & CSS | 11 ms |
| Script Parsing & Compilation | 9 ms |
| Rendering | 1 ms |

○ Avoid long main thread tasks

[Learn how to avoid long main-thread tasks](#) 101 Unscored

○ Avoid non-composited animations

Animations which are not composited can be janky and increase CLS. [Learn how to avoid non-composited animations](#) CLS Unscored

Image elements have explicit `width` and `height`

Set an explicit width and height on image elements to reduce layout shifts and improve CLS. [Learn how to set image dimensions](#) CLS Unscored

96

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.

BEST PRACTICES

⚠ Document does not have a main landmark.

One main landmark helps screen reader users navigate a web page. [Learn more about landmarks](#).

Failing Elements

html

These items highlight common accessibility best practices.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

[Show](#)

Interactive controls are keyboard focusable

Custom interactive controls are keyboard focusable and display a focus indicator. [Learn how to make custom controls focusable.](#) Unscored

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 how to decorate interactive elements with affordance hints.](#) Unscored

The page has a logical tab order

Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. [Learn more about logical tab ordering.](#) Unscored

Visual order on the page follows DOM order

DOM order matches the visual order, improving navigation for assistive technology. [Learn more about DOM and visual ordering.](#) Unscored

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 how to avoid focus traps.](#) Unscored

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 how to direct focus to new content.](#) Unscored

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 about landmark elements.](#) Unscored



Offscreen content is hidden with display: none or aria-hidden=true. [Learn how to properly hide offscreen content.](#) Unscored

Custom controls have associated labels

Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. [Learn more about custom controls and labels.](#) Unscored

Custom controls have ARIA roles

Custom interactive controls have appropriate ARIA roles. [Learn how to add roles to custom controls.](#) Unscored

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

PASSED AUDITS (10)

Show

[\[aria-hidden="true"\]](#) is not present on the document <body>

Assistive technologies, like screen readers, work inconsistently when aria-hidden="true" is set on the document <body>. [Learn how aria-hidden affects the document body.](#)

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 about the alt attribute.](#)

[\[user-scalable="no"\]](#) 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 about the viewport meta tag.](#)

Background and foreground colors have a sufficient contrast ratio

Low-contrast text is difficult or impossible for many users to read. [Learn how to provide sufficient](#)



Document has a `<title>` element

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. [Learn more about document titles.](#)

`<html>` element has a `[lang]` attribute

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. [Learn more about the `lang` attribute.](#)

`<html>` element has a valid value for its `[lang]` attribute

Specifying a valid [BCP 47 language](#) helps screen readers announce text properly. [Learn how to use the `lang` attribute.](#)

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 how to make links accessible.](#)

Touch targets have sufficient size and spacing.

Touch targets with sufficient size and spacing help users who may have difficulty targeting small controls to activate the targets. [Learn more about touch targets.](#)

Heading elements appear in a sequentially-descending order

Properly ordered headings that do not skip levels convey the semantic structure of the page, making it easier to navigate and understand when using assistive technologies. [Learn more about heading order.](#)



- [\[accesskey\] 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 about access keys.](#) Unscored

- [\[aria-*\] attributes match their roles](#)

Each ARIA role supports a specific subset of aria-* attributes. Mismatching these invalidates the aria-* attributes. [Learn how to match ARIA attributes to their roles.](#) Unscored

- [button, link, and menuitem elements have accessible names](#)

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to make command elements more accessible.](#) Unscored

- [ARIA attributes are used as specified for the element's role](#)

Some ARIA attributes are only allowed on an element under certain conditions. [Learn more about conditional ARIA attributes.](#) Unscored

- [Deprecated ARIA roles were not used](#)

Deprecated ARIA roles may not be processed correctly by assistive technology. [Learn more about deprecated ARIA roles.](#) Unscored

- [Elements with role="dialog" or role="alertdialog" have accessible names.](#)

ARIA dialog elements without accessible names may prevent screen readers users from discerning the purpose of these elements. [Learn how to make ARIA dialog elements more accessible.](#)

Unscored

- [\[aria-hidden="true"\] elements do not contain focusable descendants](#)

Focusable descendants within an [aria-hidden="true"] element prevent those interactive elements from being available to users of assistive technologies like screen readers. [Learn how aria-hidden affects focusable elements.](#) Unscored

- [ARIA input fields have accessible names](#)

When an input field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about input field labels](#)



ARIA meter elements have accessible names

When a meter element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name meter elements.](#) Unscored

ARIA progressbar elements have accessible names

When a progressbar element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to label progressbar elements.](#) Unscored

Elements use only permitted ARIA attributes

Using ARIA attributes in roles where they are prohibited can mean that important information is not communicated to users of assistive technologies. [Learn more about prohibited ARIA roles.](#)

Unscored

[role]s have all required [aria-*] attributes

Some ARIA roles have required attributes that describe the state of the element to screen readers.

[Learn more about roles and required attributes.](#) Unscored

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. [Learn more about roles and required children elements.](#) Unscored

[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. [Learn more about ARIA roles and required parent element.](#)

Unscored

[role] values are valid

ARIA roles must have valid values in order to perform their intended accessibility functions. [Learn more about valid ARIA roles.](#) Unscored

Elements with the role=text attribute do not have focusable descendants.

attribute. Unscored

○ ARIA toggle fields have accessible names

When a toggle field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about toggle fields.](#)

Unscored

○ ARIA [tooltip](#) elements have accessible names

When a tooltip element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name tooltip elements.](#) Unscored

○ ARIA [treeitem](#) elements have accessible names

When a treeitem element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about labeling treeitem elements.](#) Unscored

○ [\[aria-*\]](#) attributes have valid values

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. [Learn more about valid values for ARIA attributes.](#) Unscored

○ [\[aria-*\]](#) attributes are valid and not misspelled

Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. [Learn more about valid ARIA attributes.](#) Unscored

○ 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. [Learn how to make buttons more accessible.](#)

Unscored

○ The page contains a heading, skip link, or landmark region

Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. [Learn more about bypass blocks.](#) Unscored

○ [`<dl>`](#)'s contain only properly-ordered [`<dt>`](#) and [`<dd>`](#) groups, [`<script>`](#), [`<template>`](#) or [`<div>`](#)



inaccurate output. [Learn how to structure definition lists correctly.](#) Unscored

- Definition list items are wrapped in `<dl>` elements

Definition list items (`<dt>` and `<dd>`) must be wrapped in a parent `<dl>` element to ensure that screen readers can properly announce them. [Learn how to structure definition lists correctly.](#)

Unscored

- ARIA IDs are unique

The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. [Learn how to fix duplicate ARIA IDs.](#) Unscored

- No form fields have multiple labels

Form fields with multiple labels can be confusingly announced by assistive technologies like screen readers which use either the first, the last, or all of the labels. [Learn how to use form labels.](#)

Unscored

- `<frame>` or `<iframe>` elements have a title

Screen reader users rely on frame titles to describe the contents of frames. [Learn more about frame titles.](#) Unscored

- `<html>` element has an `[xml:lang]` attribute with the same base language as the `[lang]` attribute.

If the webpage does not specify a consistent language, then the screen reader might not announce the page's text correctly. [Learn more about the lang attribute.](#) Unscored

- Input buttons have discernible text.

Adding discernable and accessible text to input buttons may help screen reader users understand the purpose of the input button. [Learn more about input buttons.](#) Unscored

- `<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. [Learn about input image alt text.](#) Unscored

- Form elements have associated labels



- Links are distinguishable without relying on color.

Low-contrast text is difficult or impossible for many users to read. Link text that is discernible improves the experience for users with low vision. [Learn how to make links distinguishable.](#)

[Unscored](#)

- 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 about proper list structure.](#) [Unscored](#)

- List items (``) are contained within ``, `` or `<menu>` parent elements

Screen readers require list items (``) to be contained within a parent ``, `` or `<menu>` to be announced properly. [Learn more about proper list structure.](#) [Unscored](#)

- 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. [Learn more about the refresh meta tag.](#) [Unscored](#)

- `<object>` elements have alternate text

Screen readers cannot translate non-text content. Adding alternate text to `<object>` elements helps screen readers convey meaning to users. [Learn more about alt text for object elements.](#)

[Unscored](#)

- Select elements have associated label elements.

Form elements without effective labels can create frustrating experiences for screen reader users. [Learn more about the select element.](#) [Unscored](#)

- Skip links are focusable.

Including a skip link can help users skip to the main content to save time. [Learn more about skip links.](#) [Unscored](#)

- No element has a `[tabindex]` value greater than 0

A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often



- Cells in a `<table>` element that use the [\[headers\]](#) attribute refer to table cells within the same table.

Screen readers have features to make navigating tables easier. Ensuring `<td>` cells using the [\[headers\]](#) attribute only refer to other cells in the same table may improve the experience for screen reader users. [Learn more about the headers attribute.](#) Unscored

- `<th>` 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. [Learn more about table headers.](#) Unscored

- `[lang]` attributes have a valid value

Specifying a valid [BCP 47 language](#) on elements helps ensure that text is pronounced correctly by a screen reader. [Learn how to use the lang attribute.](#) Unscored

- `<video>` elements contain a `<track>` element with [\[kind="captions"\]](#)

When a video provides a caption it is easier for deaf and hearing impaired users to access its information. [Learn more about video captions.](#) Unscored

- Tables have different content in the summary attribute and `<caption>`.

The summary attribute should describe the table structure, while `<caption>` should have the onscreen title. Accurate table mark-up helps users of screen readers. [Learn more about summary and caption.](#) Unscored

- All heading elements contain content.

A heading with no content or inaccessible text prevent screen reader users from accessing information on the page's structure. [Learn more about headings.](#) Unscored

- Uses ARIA roles only on compatible elements

Many HTML elements can only be assigned certain ARIA roles. Using ARIA roles where they are not allowed can interfere with the accessibility of the web page. [Learn more about ARIA roles.](#) Unscored

- Image elements do not have `alt` attributes that are redundant to the image.

exactly the same as the text adjacent to the link or image is potentially confusing for screen reader users, because the text will be read twice. [Learn more about the alt attribute.](#) Unscored

- Identical links have the same purpose.

Links with the same destination should have the same description, to help users understand the link's purpose and decide whether to follow it. [Learn more about identical links.](#) Unscored

96

Best Practices

GENERAL

- ▲ Browser errors were logged to the console

Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. [Learn more about this errors in console diagnostic audit](#)

| Source | Description |
|--|---|
| ltfitnesstracker.online 1st Party | |
| /auth/csrf-token:1:0 (ltfitnesstracker.online) | Failed to load resource: the server responded with a status of 401 (Unauthorized) |

TRUST AND SAFETY

- Ensure CSP is effective against XSS attacks

| Description | Directive | Severity |
|----------------------------------|-----------|----------|
| No CSP found in enforcement mode | | High |

○ Use a strong HSTS policy

Deployment of the HSTS header significantly reduces the risk of downgrading HTTP connections and eavesdropping attacks. A rollout in stages, starting with a low max-age is recommended. [Learn more about using a strong HSTS policy.](#) Unscored

| Description | Directive | Severity |
|----------------------|-----------|----------|
| No HSTS header found | | High |

○ Ensure proper origin isolation with COOP

The Cross-Origin-Opener-Policy (COOP) can be used to isolate the top-level window from other documents such as pop-ups. [Learn more about deploying the COOP header.](#) Unscored

| Description | Directive | Severity |
|----------------------|-----------|----------|
| No COOP header found | | High |

○ Mitigate clickjacking with XFO or CSP

The X-Frame-Options (XFO) header or the frame-ancestors directive in the Content-Security-Policy (CSP) header control where a page can be embedded. These can mitigate clickjacking attacks by blocking some or all sites from embedding the page. [Learn more about mitigating clickjacking.](#) Unscored

| Description | Severity |
|-------------------------------|----------|
| No frame control policy found | High |

○ Mitigate DOM-based XSS with Trusted Types

The require-trusted-types-for directive in the Content-Security-Policy (CSP) header instructs user agents to control the data passed to DOM XSS sink functions. [Learn more about mitigating DOM-based XSS with Trusted Types.](#) Unscored

PASSED AUDITS (12)

[Show](#)

Uses HTTPS

All sites should be protected with HTTPS, even ones that don't handle sensitive data. This includes avoiding [mixed content](#), where some resources are loaded over HTTP despite the initial request being served over HTTPS. 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 about HTTPS.](#)

Avoids deprecated APIs

Deprecated APIs will eventually be removed from the browser. [Learn more about deprecated APIs.](#)

Avoids third-party cookies

Third-party cookies may be blocked in some contexts. [Learn more about preparing for third-party cookie restrictions.](#)

Allows users to paste into input fields

Preventing input pasting is a bad practice for the UX, and weakens security by blocking password managers. [Learn more about user-friendly input fields.](#)

Averts requesting the geolocation permission on page load

Users are mistrustful of or confused by sites that request their location without context. Consider tying the request to a user action instead. [Learn more about the geolocation permission.](#)

Averts requesting the notification permission on page load

Users are mistrustful of or confused by sites that request to send notifications without context. Consider tying the request to user gestures instead. [Learn more about responsibly getting permission for notifications.](#)

Image display dimensions should match natural aspect ratio. [Learn more about image aspect ratio](#).

Serves images with appropriate resolution

Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. [Learn how to provide responsive images](#).

Page has the HTML doctype

Specifying a doctype prevents the browser from switching to quirks-mode. [Learn more about the doctype declaration](#).

Properly defines charset

A character encoding declaration is required. It can be done with a `<meta>` tag in the first 1024 bytes of the HTML or in the Content-Type HTTP response header. [Learn more about declaring the character encoding](#).

No issues in the [Issues](#) panel in Chrome Devtools

Issues logged to the [Issues](#) panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the [Issues](#) panel in Chrome DevTools for more details on each issue.

Page has valid source maps

Source maps translate minified code to the original source code. This helps developers debug in production. In addition, Lighthouse is able to provide further insights. Consider deploying source maps to take advantage of these benefits. [Learn more about source maps](#). Unscored

| URL | Map URL |
|---|--|
| JSDelivr CDN Cdn | |
| ...js/bootstrap.bundle.min.js (cdn.jsdelivr.net) | ...js/bootstrap.bundle.min.js.map (cdn.jsdelivr.net) |

Make sure that you redirect all HTTP traffic to HTTPS in order to enable secure web features for all your users. [Learn more](#). Unscored

○ Detected JavaScript libraries

All front-end JavaScript libraries detected on the page. [Learn more about this JavaScript library detection diagnostic audit](#). Unscored

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

Meta descriptions may be included in search results to concisely summarize page content. [Learn more about the 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

○ Structured data is valid

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (7)

[Show](#)

Page isn't blocked from indexing

Search engines are unable to include your pages in search results if they don't have permission to crawl them. [Learn more about crawler directives](#).

Document has a `<title>` element

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. [Learn more about document titles](#).

Page has successful HTTP status code

Pages with unsuccessful HTTP status codes may not be indexed properly. [Learn more about HTTP status codes](#).

Links have descriptive text

Descriptive link text helps search engines understand your content. [Learn how to make links more accessible](#).

Links are crawlable

Search engines may use `href` attributes on links to crawl websites. Ensure that the `href` attribute of anchor elements links to an appropriate destination, so more pages of the site can be discovered. [Learn how to make links crawlable](#)

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 about the alt attribute](#).

given language or region. [Learn more about hreflang](#).

NOT APPLICABLE (2)

[Show](#)

- 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 about robots.txt](#). Unscored

- Document has a valid [rel=canonical](#)

Canonical links suggest which URL to show in search results. [Learn more about canonical links](#).

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