




Performance

Metrics 



First Contentful Paint	0.8 s	Time to Interactive	1.1 s
Speed Index	0.8 s	Total Blocking Time	10 ms
Largest Contentful Paint	0.8 s	Cumulative Layout Shift	0.001

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








View Original Trace



Opportunities — These suggestions can help your page load faster. They don't [directly affect](#) the Performance score.

Opportunity	Estimated Savings
Remove unused JavaScript	0.2 s 
Minify JavaScript	0.16 s 

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

-  Serve static assets with an efficient cache policy — 3 resources found 
- Avoid chaining critical requests — 6 chains found 
- Keep request counts low and transfer sizes small — 11 requests • 587 KiB 
- Largest Contentful Paint element — 1 element found 
- Avoid large layout shifts — 4 elements found 
- Avoid long main-thread tasks — 3 long tasks found 

Passed audits (27) 

Runtime Settings

URL	http://localhost:3000/atividades
Fetch Time	Jan 3, 2021, 10:18 PM GMT-3

Device	Emulated Desktop
Network throttling	40 ms TCP RTT, 10,240 Kbps throughput (Simulated)
CPU throttling	1x slowdown (Simulated)
Channel	devtools
User agent (host)	Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/87.0.4280.101 Safari/537.36
User agent (network)	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_14_6) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/84.0.4143.7 Safari/537.36 Chrome-Lighthouse
CPU/Memory Power	2194

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