

http://nitetrain-kensai01.boxfuse.io:8080/pages/workouts



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Performance

Accessibility

Best Practices **SEO**

PWA



Performance

Values are estimated and may vary. The <u>performance score</u> <u>is calculated</u> directly from these metrics. <u>See calculator.</u>

0-49

50-89

90-100



METRICS Expand view

First Contentful Paint

0.4 s

Speed Index

 $0.5 \, s$

Largest Contentful Paint

1.5 s

Time to Interactive

0.8 s

Total Blocking Time

10 ms

Cumulative Layout Shift

0.01

View Original Trace

View Treemap



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Show audits relevant to: All FCP TBT LCP CLS

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OPPORTUNITIES

Opportunity **Estimated Savings** Use HTTP/2 0.25 s 🗸 These suggestions can help your page load faster. They don't directly affect the Performance score. **DIAGNOSTICS** Avoid chaining critical requests — 3 chains found User Timing marks and measures — 36 user timings Keep request counts low and transfer sizes small — 16 requests • 390 KiB Largest Contentful Paint element — 1 element found Avoid large layout shifts — 2 elements found Avoid long main-thread tasks — 1 long task found More information about the performance of your application. These numbers don't directly affect the Performance score. Show

PASSED AUDITS (33)



Accessibility

These checks highlight opportunities to improve the accessibility of your web app. Only a subset of accessibility issues can be automatically detected 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.

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ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on <u>conducting an accessibility</u> <u>review</u>.

PASSED AUDITS (16)

Show

NOT APPLICABLE (27)

Show



Best Practices

TRUST AND SAFETY

Does not use HTTPS — 16 insecure requests found	~
Ensure CSP is effective against XSS attacks	~
NERAL	
Browser errors were logged to the console	~
Detected JavaScript libraries	~
Missing source maps for large first-party JavaScript	~
SED AUDITS (10)	Show
APPLICABLE (1)	Show
	Ensure CSP is effective against XSS attacks ERAL Browser errors were logged to the console Detected JavaScript libraries Missing source maps for large first-party JavaScript SED AUDITS (10)



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.

CRAWLING AND INDEXING

▲ Links are not crawlable	~
To appear in search results, crawlers need access to your app.	
ADDITIONAL ITEMS TO MANUALLY CHECK (1)	Show
Run these additional validators on your site to check additional SEO best practices.	
PASSED AUDITS (9)	Show
NOT APPLICABLE (4)	Show



PWA

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

INSTALLABLE

▲ Web app manifest or service worker do not meet the installability requirements — 2 reasons

PWA OPTIMIZED

▲ Does not register a service worker that controls page and start_url
✓

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	Configured for a custom splash screen	~
	Sets a theme color for the address bar.	~
0	Content is sized correctly for the viewport	~
	Has a <meta name="viewport"/> tag with width or initial-scale	~
A	Does not provide a valid apple-touch-icon	~
A	Manifest doesn't have a maskable icon	~
ADD	OITIONAL ITEMS TO MANUALLY CHECK (3)	Show

These checks are required by the baseline <u>PWA Checklist</u> but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.

Captured at Dec 14, 2022, 10:42 PM EST Initial page load Emulated Desktop with Lighthouse 9.6.6 Custom throttling Single page load

Using Chromium 108.0.0.0 with devtools

Generated by Lighthouse 9.6.6 | File an issue

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