* Root vs Index
  + A root route is the top-level route that corresponds to the root path (/) of your application. It is the entry point for navigating your app.
  + An index route is a specific type of route that represents the default or "index" route for a particular parent route or nested route. It is the route that gets rendered when the parent route is accessed without specifying any additional path.
* Layout Shift
  + Definition: Layout shift refers to unexpected movement of web elements during the loading phase or as users interact with the page. This phenomenon affects the visual stability of the web page and can negatively impact the user experience, as content may unexpectedly jump around.
  + Key Causes:
  + Images without dimensions: Causes content to shift when loaded.
  + Ads/frames without size: Dynamic content pushes other elements.
  + Injected content: Late-added DOM elements shift
  + GOOD CLS SCORE : < 0.1
* Homework
* Largest Contentful Paint (LCP)
* First Input Delay (FID)
* Cumulative Layout Shift (CLS)
* First Contentful Paint (FCP)
* Explore React Hook Forms
* # Refrences
* <https://react-hook-form.com/>

GIT Commit Message Guidelines

Add:

Fix:

Remove:

Update:

Refactor:

Style: