







Metrics



|  |       |   |       |
|--|-------|---|-------|
|  First Contentful Paint    | 3.8 s |  Time to Interactive      | 3.8 s |
|  Speed Index              | 4.8 s |  Total Blocking Time     | 0 ms  |
|  Largest Contentful Paint | 3.8 s |  Cumulative Layout Shift | 0.198 |

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  |
|---|--|
|  Eliminate render-blocking resources |  1.64 s   |
|  Remove unused JavaScript            |  0.75 s  |
|  Defer offscreen images              |  0.3 s   |
|  Remove unused CSS                   |  0.3 s   |
|  Serve images in next-gen formats    |  0.3 s   |

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

|  |   |
|--|---|
|  Does not use passive listeners to improve scrolling performance                      |  |
|  Image elements do not have explicit <a href="#">width</a> and <a href="#">height</a> |  |
|  Avoid an excessive DOM size — 871 elements   |  |

|                    |  |   |
|--------------------|--|---|
| ●                  | Avoid chaining critical requests — 5 chains found                        | ▼ |
| ●                  | Keep request counts low and transfer sizes small — 18 requests • 292 KiB | ▼ |
| ●                  | Largest Contentful Paint element — 1 element found                       | ▼ |
| ●                  | Avoid large layout shifts — 1 element found                              | ▼ |
| ●                  | Avoid long main-thread tasks — 5 long tasks found                        | ▼ |
| Passed audits (22) |  | ▼ |



## Accessibility

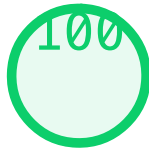
These checks highlight opportunities to [improve the accessibility of your web app](#). Only a subset of accessibility issues can be automatically detected so manual testing is also encouraged.

|  |   |
|--|---|
| <b>Additional items to manually check (10)</b> — These items address areas which an automated testing tool cannot cover. | ▼ |
| Learn more in our guide on <a href="#">conducting an accessibility review</a> .  |   |
| Passed audits (15)   | ▼ |
| Not applicable (26)  | ▼ |



## Best Practices

|   |   |
|---|---|
| <b>User Experience</b>                        |   |
| ▲ Displays images with incorrect aspect ratio | ▼ |
| <b>General</b>                                |   |
| ▲ Browser errors were logged to the console   | ▼ |
| Passed audits (13)                            | ▼ |



## SEO

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. [Learn more](#).

**Additional items to manually check (1)** — Run these additional validators on your site to check additional SEO best practices. ▼

**Passed audits (12)** ▼

**Not applicable (2)** ▼



## Progressive Web App

These checks validate the aspects of a Progressive Web App. [Learn more](#).

### Fast and reliable

- Page load is fast enough on mobile networks ▼
- Current page responds with a 200 when offline ▼
- `start_url` responds with a 200 when offline ▼

### Installable

- Uses HTTPS ▼
- Registers a service worker that controls page and `start_url` ▼
- Web app manifest meets the installability requirements ▼

### PWA Optimized

- ▲ Does not redirect HTTP traffic to HTTPS ▼
- Configured for a custom splash screen ▼
- Sets a theme color for the address bar. ▼
- Content is sized correctly for the viewport ▼
- Has a `<meta name="viewport">` tag with `width` or `initial-scale` ▼

- Contains some content when JavaScript is not available
- Provides a valid [apple-touch-icon](#)
- Manifest has a maskable icon

**Additional items to manually check (3)** — These checks are required by the baseline [PWA Checklist](#) but are not automatically checked by Lighthouse. They do not affect your score but it's important that you verify them manually.

Runtime Settings

|                      |   |
|----------------------|---|
| URL                  | https://rachelpac.com/  |
| Fetch Time           | Nov 23, 2020, 10:03 AM GMT+10   |
| Device               | Emulated Moto G4  |
| Network throttling   | 150 ms TCP RTT, 1,638.4 Kbps throughput (Simulated)   |
| CPU throttling       | 4x slowdown (Simulated)   |
| Channel              | devtools  |
| User agent (host)    | Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/86.0.4240.198 Safari/537.36                     |
| User agent (network) | Mozilla/5.0 (Linux; Android 7.0; Moto G (4)) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/84.0.4143.7 Mobile Safari/537.36 Chrome-Lighthouse |
| CPU/Memory Power     | 1176  |