https://www.hookgrip.tech/

94	95	80	100	PWA
Performance	Accessibility	Best Practices	SEO	progressive web app

▲ 0–49   50–89   90–100

94

Performance

Metrics
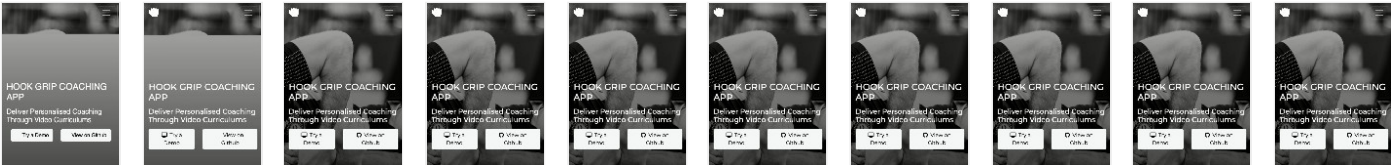
First Contentful Paint	2.5 s	Time to Interactive	3.7 s
Speed Index	2.5 s	Total Blocking Time	0 ms
Largest Contentful Paint	2.5 s	Cumulative Layout Shift	0.004

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	0.37 s ⌄
Remove unused CSS	0.15 s ⌄
Remove unused JavaScript	0.15 s ⌄

Diagnostics — More information about the performance of your application. These numbers don't directly affect the performance score.

▲ Ensure text remains visible during webfont load	⌄

⚠ **Serve static assets with an efficient cache policy** — **22 resources found** ⌄

Avoid chaining critical requests — 11 chains found ⌄

User Timing marks and measures — 4 user timings ⌄

Keep request counts low and transfer sizes small — 50 requests • 1,437 KiB ⌄

Largest contentful paint element — 1 element found ⌄

Avoid large layout shifts — 4 elements found ⌄

Avoid long main-thread tasks — 1 long task found ⌄

Passed audits (26) ⌄

95

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.

Navigation — These are opportunities to improve keyboard navigation in your application.

⚠   Heading elements are not in a sequentially-descending order ⌄

Names and labels — These are opportunities to improve the semantics of the controls in your application. This may enhance the experience for users of assistive technology, such as a screen reader.

⚠   Links do not have a discernible name ⌄

Additional items to manually check (10) — These items address areas which an automated testing tool cannot cover. Learn more in our guide on conducting an accessibility review. ⌄

Passed audits (14) ⌄

Not applicable (28) ⌄

80

Best Practices

Trust and safety

▲   Includes front-end JavaScript libraries with known security vulnerabilities   —   4 vulnerabilities detected   ⌄

General

▲   Browser errors were logged to the console   ⌄

▲   Issues were logged in the `Issues` panel in Chrome Devtools   ⌄

Passed audits (14)   ⌄

Not applicable (1)   ⌄

100

SEO

These checks ensure that your page is optimised for search engine results ranking. There are additional factors that 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 (11)   ⌄

Not applicable (3)   ⌄

PWA

progressive web app

These checks validate the aspects of a progressive web app. [Learn more](#).

Installable

▲   Web app manifest does not meet the installability requirements — **1 reason**   ⌄

PWA Optimised

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

     Redirects HTTP traffic to HTTPS   ⌄

▲   Is not configured for a custom splash screen Failures: No manifest was fetched.   ⌄

▲   Does not set a theme colour for the address bar.
     Failures: No manifest was fetched, No `<meta name="theme-color">` tag found.   ⌄

     Content is sized correctly for the viewport   ⌄

     Has a `<meta name="viewport">` tag with `width` or `initial-scale`   ⌄

▲   Does not provide a valid `apple-touch-icon`   ⌄

▲   Manifest doesn't have a maskable icon No manifest was fetched   ⌄

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://www.hookgrip.tech/
Fetch time	14 Apr 2021, 12:31 GMT+1
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/89.0.4389.114 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	1834
Axe version	4.1.1

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