

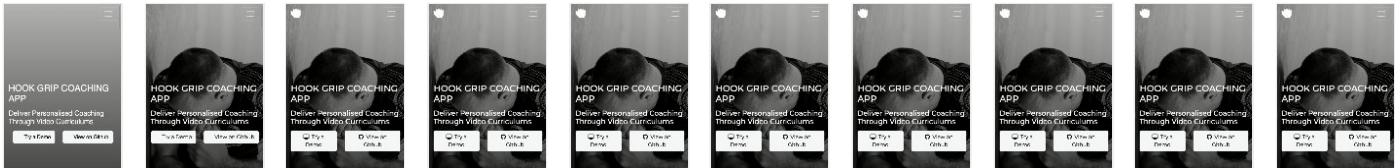
# Performance

## Metrics

First Contentful Paint	2.4 s	Time to Interactive	3.7 s
Speed Index	2.4 s	Total Blocking Time	10 ms
Largest Contentful Paint	2.4 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	0.46 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 • 1,245 KiB	▼
Largest contentful paint element — 1 element found	▼
Avoid large layout shifts — 4 elements found	▼
Avoid long main-thread tasks — 2 long tasks found	▼
<b>Passed audits (26)</b>	▼



## 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	▼
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**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	▼
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**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](#).

<b>Passed audits (14)</b>	▼
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<b>Not applicable (28)</b>	▼
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## 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) ▼



## 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) ▼



## progressive web app

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, 13:08 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	1867

**Axe version**

4.1.1

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