



There were issues affecting this run of Lighthouse:

- There may be stored data affecting loading performance in this location: IndexedDB. Audit this page in an incognito window to prevent those resources from affecting your scores.



Performance

Values are estimated and may vary. The [performance score is calculated](#) directly from these metrics. [See calculator.](#)

▲ 0–49 50–89 90–100

METRICS

[Expand view](#)

First Contentful Paint

1.3 s

Largest Contentful Paint

20.9 s

Total Blocking Time

400 ms

Cumulative Layout Shift

0.003

Speed Index

2.7 s



Show audits relevant to: [All](#) [FCP](#) [LCP](#) [TBT](#) [CLS](#)

INSIGHTS

▲ Use efficient cache lifetimes — Est savings of 24,841 KiB

A long cache lifetime can speed up repeat visits to your page. [Learn more about caching.](#) [FCP](#) [LCP](#) [Unscored](#)

Show 3rd-party resources (2)

Request	Cache TTL	Transfer Size
localhost 1st Party		24,800 KiB
...01/travel-concept-close-up-portrait-young-beautiful-attrac...jpg (localhost)	None	22,326 KiB
...js/common.min.js?ver=3.34.1 (localhost)	None	507 KiB
...js/web-cli.min.js?ver=3.34.1 (localhost)	None	167 KiB
...js/common-modules.min.js?ver=3.34.1 (localhost)	None	154 KiB
...fonts/eicons.woff2?5.45.0 (localhost)	None	102 KiB
...11/service-2.jpg (localhost)	None	97 KiB
...js/app-loader.min.js?ver=3.34.1 (localhost)	None	88 KiB
...11/service-1.jpg (localhost)	None	88 KiB
...jquery/jquery.min.js?ver=3.7.1 (localhost)	None	86 KiB
...js/frontend-modules.min.js?ver=3.34.1 (localhost)	None	84 KiB
...widgets-css/frontend.css?ver=2.8.1 (localhost)	None	81 KiB

Request	Cache TTL	Transfer Size
...css/fontawesome.css?ver=5.15.3 (localhost)	None	71 KiB
...11/service-3.jpg (localhost)	None	63 KiB
...classic/wpforms-base.min.css?ver=1.9.8.7 (localhost)	None	61 KiB
...css/all.min.css?ver=3.34.1 (localhost)	None	58 KiB
...css/dashicons.min.css?ver=6.9 (localhost)	None	58 KiB
...css/fontawesome.min.css?ver=5.15.3 (localhost)	None	57 KiB
...css/frontend.min.css?ver=3.34.1 (localhost)	None	54 KiB
...frontend/wpforms.min.js?ver=1.9.8.7 (localhost)	None	51 KiB
...backbone/backbone.marionette.min.js?ver=2.4.5.e1 (localhost)	None	44 KiB
...js/frontend.min.js?ver=3.34.1 (localhost)	None	31 KiB
...11/leaf.jpg (localhost)	None	26 KiB
...css/v4-shims.min.css?ver=3.34.1 (localhost)	None	26 KiB
...lib/jquery.validate.min.js?ver=1.21.0 (localhost)	None	25 KiB
...css/common.min.css?ver=3.34.1 (localhost)	None	25 KiB
...js/backbone.min.js?ver=1.6.0 (localhost)	None	24 KiB
...js/wp-emoji-release.min.js?ver=6.9 (localhost)	None	23 KiB
...ui/core.min.js?ver=1.13.3 (localhost)	None	21 KiB
...css/elementor-icons.min.css?ver=5.45.0 (localhost)	None	21 KiB
...css/elementor-icons.min.css?ver=5.34.0 (localhost)	None	21 KiB
...css/admin-bar.min.css?ver=6.9 (localhost)	None	20 KiB
...js/underscore.min.js?ver=1.13.7 (localhost)	None	19 KiB
...ui/draggable.min.js?ver=1.13.3 (localhost)	None	18 KiB
...js/admin.ajaxWatcher.176...js?ver=8.1.4 (localhost)	None	16 KiB
...js/v4-shims.min.js?ver=3.34.1 (localhost)	None	15 KiB
...jquery/jquery-migrate.min.js?ver=3.4.1 (localhost)	None	14 KiB
...dialog/dialog.min.js?ver=4.9.4 (localhost)	None	12 KiB
...css/widget-icon-list.min.css?ver=3.24.3 (localhost)	None	10 KiB
...js/shared-frontend-handlers.03caa53...bundle.min.js (localhost)	None	9 KiB
...11/avatar_on_home.png (localhost)	None	8 KiB
...js/dev-tools.min.js?ver=3.34.1 (localhost)	None	8 KiB
...js/elementor-admin-bar.min.js?ver=3.34.1 (localhost)	None	7 KiB
...css/header-footer.css?ver=3.4.5 (localhost)	None	7 KiB
...js/wifi18n.176...js?ver=8.1.4 (localhost)	None	7 KiB
...css/wordfenceBox.176....css?ver=8.1.4 (localhost)	None	6 KiB
...js/webpack.runtime.min.js?ver=3.34.1 (localhost)	None	6 KiB
...dist/hooks.min.js?ver=dd5603f... (localhost)	None	6 KiB
...11/logo-green.svg (localhost)	None	6 KiB
...css/reset.css?ver=3.4.5 (localhost)	None	6 KiB
...dist/i18n.min.js?ver=c26c3dc... (localhost)	None	5 KiB
...css/widget-social-icons.min.css?ver=3.24.0 (localhost)	None	5 KiB
...css/theme.css?ver=3.4.5 (localhost)	None	5 KiB
...css/widget-divider.min.css?ver=3.34.1 (localhost)	None	4 KiB
...lib/mailcheck.min.js?ver=1.1.2 (localhost)	None	4 KiB
...backbone/backbone.radio.min.js?ver=1.0.4 (localhost)	None	4 KiB
...js/admin-bar.min.js?ver=6.9 (localhost)	None	4 KiB
...ui/mouse.min.js?ver=1.13.3 (localhost)	None	4 KiB

Request	Cache TTL	Transfer Size
...css/theme-light.min.css?ver=3.34.1 (localhost)	None	2 KiB
...js/hello-frontend.js?ver=3.4.5 (localhost)	None	2 KiB
...js-hoverintent.js?ver=2.2.1 (localhost)	None	2 KiB
...lib/punycode.min.js?ver=1.0.0 (localhost)	None	2 KiB
...share/utils.min.js?ver=1.9.8.7 (localhost)	None	2 KiB
...css/admin-bar.min.css?ver=1.9.8.7 (localhost)	None	2 KiB
...js/text-editor.4560966....bundle.min.js (localhost)	None	2 KiB
...fields/address.min.js?ver=1.9.8.7 (localhost)	None	1 KiB
...js/api-request.min.js?ver=6.9 (localhost)	None	1 KiB
...css/header-footer-elementor.css?ver=2.8.1 (localhost)	None	1 KiB
...11/quotes.svg (localhost)	None	1 KiB
...css/brands.css?ver=5.15.3 (localhost)	None	1 KiB
...css/solid.css?ver=5.15.3 (localhost)	None	1 KiB
...css/solid.min.css?ver=5.15.3 (localhost)	None	1 KiB
...css/admin-bar.min.css?ver=3.34.1 (localhost)	None	1 KiB
...css/widget-heading.min.css?ver=3.34.1 (localhost)	None	1 KiB
...css/widget-image.min.css?ver=3.34.1 (localhost)	None	1 KiB
Gravatar Social		43 KiB
/avatar/9c99280...?s=128&d=mm&r=g (secure.gravatar.com)	5m	36 KiB
/avatar/9c99280...?s=52&d=mm&r=g (secure.gravatar.com)	5m	7 KiB

▲ Document request latency — Est savings of 92 KiB

Your first network request is the most important. [Reduce its latency](#) by avoiding redirects, ensuring a fast server response, and enabling text compression. [FCP](#) [LCP](#) [Unscored](#)

Avoids redirects

Server responded slowly (observed 2642 ms)

No compression applied

▲ Render blocking requests — Est savings of 890 ms

Requests are blocking the page's initial render, which may delay LCP. [Deferring or inlining](#) can move these network requests out of the critical path. [FCP](#) [LCP](#) [Unscored](#)

Show 3rd-party resources (2)

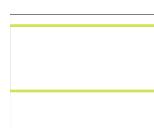
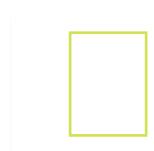
URL	Transfer Size	Duration
Google Fonts Cdn	4.0 KiB	300 ms
/css?family=... (fonts.googleapis.com)	1.0 KiB	
/css?family=... (fonts.googleapis.com)	3.0 KiB	300 ms
localhost 1st Party	745.1 KiB	8,290 ms
...js/v4-shims.min.js?ver=3.34.1 (localhost)	15.0 KiB	170 ms
...js/admin.ajaxWatcher.176...js?ver=8.1.4 (localhost)	15.5 KiB	210 ms
...jquery/jquery.min.js?ver=3.7.1 (localhost)	85.8 KiB	450 ms
...jquery/jquery-migrate.min.js?ver=3.4.1 (localhost)	13.6 KiB	210 ms
...js/wfi18n.176...js?ver=8.1.4 (localhost)	6.6 KiB	130 ms
...css/fontawesome.min.css?ver=5.15.3 (localhost)	57.0 KiB	410 ms
...css/solid.min.css?ver=5.15.3 (localhost)	1.0 KiB	90 ms
...css/widget-social-icons.min.css?ver=3.24.0 (localhost)	5.3 KiB	130 ms
...css/fontawesome.css?ver=5.15.3 (localhost)	70.8 KiB	530 ms

URL	Transfer Size	Duration
...css/v4-shims.min.css?ver=3.34.1 (localhost)	26.4 KiB	330 ms
...css/solid.css?ver=5.15.3 (localhost)	1.0 KiB	90 ms
...css/admin-bar.min.css?ver=1.9.8.7 (localhost)	1.7 KiB	90 ms
...css/brands.css?ver=5.15.3 (localhost)	1.0 KiB	90 ms
...css/widget-icon-list.min.css?ver=3.24.3 (localhost)	10.3 KiB	170 ms
...css/elementor-icons.min.css?ver=5.34.0 (localhost)	21.2 KiB	250 ms
...css/header-footer.css?ver=3.4.5 (localhost)	7.3 KiB	130 ms
...css/theme.css?ver=3.4.5 (localhost)	5.3 KiB	130 ms
...css/reset.css?ver=3.4.5 (localhost)	5.6 KiB	130 ms
...classic/wpforms-base.min.css?ver=1.9.8.7 (localhost)	61.2 KiB	610 ms
...css/header-footer-elementor.css?ver=2.8.1 (localhost)	1.1 KiB	90 ms
...css/widget-heading.min.css?ver=3.34.1 (localhost)	0.8 KiB	90 ms
...css/widget-image.min.css?ver=3.34.1 (localhost)	0.5 KiB	90 ms
...css/widget-divider.min.css?ver=3.34.1 (localhost)	4.5 KiB	130 ms
...css/all.min.css?ver=3.34.1 (localhost)	58.3 KiB	610 ms
...css/admin-bar.min.css?ver=3.34.1 (localhost)	0.9 KiB	90 ms
...css/frontend.min.css?ver=3.34.1 (localhost)	53.6 KiB	570 ms
...widgets-css/frontend.css?ver=2.8.1 (localhost)	81.4 KiB	850 ms
...css/wordfenceBox.176....css?ver=8.1.4 (localhost)	6.0 KiB	130 ms
...css/elementor-icons.min.css?ver=5.45.0 (localhost)	21.2 KiB	250 ms
...css/theme-light.min.css?ver=3.34.1 (localhost)	2.5 KiB	90 ms
...css/admin-bar.min.css?ver=6.9 (localhost)	20.0 KiB	250 ms
...css/dashicons.min.css?ver=6.9 (localhost)	57.9 KiB	570 ms
...css/common.min.css?ver=3.34.1 (localhost)	24.9 KiB	290 ms

▲ Improve image delivery — Est savings of 16,630 KiB

Reducing the download time of images can improve the perceived load time of the page and LCP. [Learn more about optimizing image size](#) (FCP) (LCP) (Unscored)

Show 3rd-party resources (1)

URL	Reso
localhost <small>1st Party</small>	22,580.5
	...01/travel-concept-close-up-portrait-young-beautiful-attrac...jpg (localhost) 22,326.0
	Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size. ...11/service-2.jpg (localhost) 96.0
	Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size. ...11/service-1.jpg (localhost) 87.0

Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size.



img.attachment-full.size-full.wp-image-108

...11/service-3.jpg (localhost)

62.:

Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size.



img.attachment-full.size-full.wp-image-924

...11/avatar_on_home.png (localhost)

7.1

Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size.



img.avatar.avatar-26.photo

/avatar/9c99280...?
s=52&d=mm&r=g (secure.gravatar.com)

6.5

6.1

Using a modern image format (WebP, AVIF) or increasing the image compression could improve this image's download size.

▲ Legacy JavaScript — Est savings of 135 KiB

Polyfills and transforms enable older browsers to use new JavaScript features. However, many aren't necessary for modern browsers. Consider modifying your JavaScript build process to not transpile [Baseline](#) features, unless you know you must support older browsers. [Learn why most sites can deploy ES6+ code without transpiling](#) [FCP] [LCP] [Unscored]

URL

Wasted bytes

localhost [1st Party]

134.6 KiB

...js/common.min.js?ver=3.34.1 (localhost)

37.3 KiB

common.min.js?ver=3.34.1:2

@babel/plugin-transform-classes

common.min.js?ver=3.34.1:2

@babel/plugin-transform-regenerator

common.min.js?ver=3.34.1:2

Array.from

common.min.js?ver=3.34.1:2

Array.prototype.concat

...js/common-modules.min.js?ver=3.34.1 (localhost)

33.2 KiB

common-modules.min.js?ver=3.34.1:1

@babel/plugin-transform-classes

common-modules.min.js?ver=3.34.1:1

@babel/plugin-transform-spread

common-modules.min.js?ver=3.34.1:1

Array.prototype.concat

...js/web-cli.min.js?ver=3.34.1 (localhost)

32.1 KiB

web-cli.min.js?ver=3.34.1:2

@babel/plugin-transform-classes

web-cli.min.js?ver=3.34.1:2

@babel/plugin-transform-regenerator

web-cli.min.js?ver=3.34.1:2

Array.prototype.concat

...js/app-loader.min.js?ver=3.34.1 (localhost)

32.1 KiB

app-loader.min.js?ver=3.34.1:1

@babel/plugin-transform-classes

URL

app-loader.min.js?ver=3.34.1:1	Array.prototype.concat
--------------------------------	------------------------

Forced reflow

A forced reflow occurs when JavaScript queries geometric properties (such as `offsetWidth`) after styles have been invalidated by a change to the DOM state. This can result in poor performance. Learn more about [forced reflows](#) and possible mitigations. [\[Unscored\]](#)

Top function call

frontend-modules.min.js?ver=3.34.1:2	431 ms
--------------------------------------	--------

Source

[unattributed]	2 ms
frontend.min.js?ver=3.34.1:1	432 ms

LCP breakdown

Each [subpart has specific improvement strategies](#). Ideally, most of the LCP time should be spent on loading the resources, not within delays. [\[LCP\]](#) [\[Unscored\]](#)

Subpart	Duration
Time to first byte	2,650 ms
Resource load delay	300 ms
Resource load duration	410 ms
Element render delay	640 ms



div.elementor-element.elementor-element-9e1a3b7.e-flex.e-con-boxed.e-con.e-parent.e-lazyloaded

LCP request discovery

[Optimize LCP](#) by making the LCP image discoverable from the HTML immediately, and avoiding lazy-loading [\[LCP\]](#) [\[Unscored\]](#)

- fetchpriority=high should be applied
- Request is discoverable in initial document
- lazy load not applied



div.elementor-element.elementor-element-9e1a3b7.e-flex.e-con-boxed.e-con.e-parent.e-lazyloaded

Network dependency tree

[Avoid chaining critical requests](#) by reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. [\[LCP\]](#) [\[Unscored\]](#)

Maximum critical path latency: **3,538 ms**

Initial Navigation

```

/contactpoint-test/ (localhost) - 3,079 ms, 137.67 KiB
...css/elementor-icons.min.css?ver=5.45.0 (localhost) - 2,782 ms, 21.22 KiB
...fonts/eicons.woff2?5.45.0 (localhost) - 3,538 ms, 102.08 KiB
...fields/address.min.js?ver=1.9.8.7 (localhost) - 3,244 ms, 1.34 KiB
...js/common.min.js?ver=3.34.1 (localhost) - 3,244 ms, 506.67 KiB

```

...frontend/wpforms.min.js?ver=1.9.8.7 (localhost) - **3,243 ms**, 51.27 KiB
...share/utils.min.js?ver=1.9.8.7 (localhost) - **3,243 ms**, 1.76 KiB
...lib/punycode.min.js?ver=1.0.0 (localhost) - **3,242 ms**, 1.98 KiB
...lib/jquery.validate.min.js?ver=1.21.0 (localhost) - **3,242 ms**, 25.02 KiB
...lib/mailcheck.min.js?ver=1.1.2 (localhost) - **3,242 ms**, 4.23 KiB
...js/admin-bar.min.js?ver=6.9 (localhost) - **3,241 ms**, 3.71 KiB
...js-hoverintent-js.min.js?ver=2.2.1 (localhost) - **3,220 ms**, 1.99 KiB
...js/elementor-admin-bar.min.js?ver=3.34.1 (localhost) - **3,220 ms**, 7.45 KiB
...js/frontend-modules.min.js?ver=3.34.1 (localhost) - **3,194 ms**, 84.07 KiB
...js/frontend.min.js?ver=3.34.1 (localhost) - **3,194 ms**, 31.44 KiB
...js/hello-frontend.js?ver=3.4.5 (localhost) - **3,189 ms**, 2.09 KiB
...js/webpack.runtime.min.js?ver=3.34.1 (localhost) - **3,187 ms**, 5.85 KiB
...js/app-loader.min.js?ver=3.34.1 (localhost) - **3,186 ms**, 88.43 KiB
...dist/i18n.min.js?ver=c26c3dc... (localhost) - **3,186 ms**, 5.50 KiB
...dist/hooks.min.js?ver=dd5603f... (localhost) - **3,185 ms**, 5.84 KiB
...js/web-cli.min.js?ver=3.34.1 (localhost) - **3,155 ms**, 166.73 KiB
...js/dev-tools.min.js?ver=3.34.1 (localhost) - **3,152 ms**, 7.71 KiB
...js/common-modules.min.js?ver=3.34.1 (localhost) - **3,129 ms**, 154.38 KiB
...js/api-request.min.js?ver=6.9 (localhost) - **3,128 ms**, 1.31 KiB
...dialog/dialog.min.js?ver=4.9.4 (localhost) - **3,124 ms**, 11.66 KiB
...backbone/backbone.radio.min.js?ver=1.0.4 (localhost) - **3,123 ms**, 3.97 KiB
...backbone/backbone.marionette.min.js?ver=2.4.5.e1 (localhost) - **3,116 ms**, 44.41 KiB
...js/backbone.min.js?ver=1.6.0 (localhost) - **3,100 ms**, 24.04 KiB
...ui/draggable.min.js?ver=1.13.3 (localhost) - **3,096 ms**, 18.30 KiB
...js/underscore.min.js?ver=1.13.7 (localhost) - **3,094 ms**, 18.77 KiB
...ui/mouse.min.js?ver=1.13.3 (localhost) - **3,090 ms**, 3.66 KiB
...ui/core.min.js?ver=1.13.3 (localhost) - **3,084 ms**, 21.27 KiB
...js/v4-shims.min.js?ver=3.34.1 (localhost) - **2,878 ms**, 15.03 KiB
/css?family=... (fonts.googleapis.com) - **2,877 ms**, 1.02 KiB
/css?family=... (fonts.googleapis.com) - **2,877 ms**, 2.98 KiB
...js/admin.ajaxWatcher.176...js?ver=8.1.4 (localhost) - **2,874 ms**, 15.51 KiB
...jquery/jquery.min.js?ver=3.7.1 (localhost) - **2,872 ms**, 85.81 KiB
...jquery/jquery-migrate.min.js?ver=3.4.1 (localhost) - **2,869 ms**, 13.57 KiB
...js/wifi18n.176...js?ver=8.1.4 (localhost) - **2,868 ms**, 6.65 KiB
...css/solid.min.css?ver=5.15.3 (localhost) - **2,862 ms**, 0.95 KiB
...css/fontawesome.min.css?ver=5.15.3 (localhost) - **2,861 ms**, 57.01 KiB
...css/widget-social-icons.min.css?ver=3.24.0 (localhost) - **2,857 ms**, 5.29 KiB
...css/fontawesome.css?ver=5.15.3 (localhost) - **2,856 ms**, 70.80 KiB
...css/solid.css?ver=5.15.3 (localhost) - **2,850 ms**, 1.01 KiB
...css/brands.css?ver=5.15.3 (localhost) - **2,847 ms**, 1.01 KiB
...css/admin-bar.min.css?ver=1.9.8.7 (localhost) - **2,847 ms**, 1.71 KiB
...css/widget-icon-list.min.css?ver=3.24.3 (localhost) - **2,846 ms**, 10.32 KiB
...css/v4-shims.min.css?ver=3.34.1 (localhost) - **2,845 ms**, 26.38 KiB
...css/elementor-icons.min.css?ver=5.34.0 (localhost) - **2,844 ms**, 21.22 KiB
...css/header-footer.css?ver=3.4.5 (localhost) - **2,842 ms**, 7.32 KiB
...css/theme.css?ver=3.4.5 (localhost) - **2,819 ms**, 5.28 KiB
...css/reset.css?ver=3.4.5 (localhost) - **2,818 ms**, 5.63 KiB
...classic/wpforms-base.min.css?ver=1.9.8.7 (localhost) - **2,817 ms**, 61.20 KiB
...css/widget-image.min.css?ver=3.34.1 (localhost) - **2,815 ms**, 0.51 KiB
...css/widget-heading.min.css?ver=3.34.1 (localhost) - **2,815 ms**, 0.85 KiB
...css/widget-divider.min.css?ver=3.34.1 (localhost) - **2,815 ms**, 4.46 KiB
...css/header-footer-elementor.css?ver=2.8.1 (localhost) - **2,814 ms**, 1.06 KiB
...css/all.min.css?ver=3.34.1 (localhost) - **2,813 ms**, 58.26 KiB
...css/admin-bar.min.css?ver=3.34.1 (localhost) - **2,809 ms**, 0.90 KiB
...css/frontend.min.css?ver=3.34.1 (localhost) - **2,808 ms**, 53.59 KiB
...css/wordfenceBox.176...css?ver=8.1.4 (localhost) - **2,788 ms**, 5.95 KiB
...widgets-css/frontend.css?ver=2.8.1 (localhost) - **2,788 ms**, 81.37 KiB
...css/theme-light.min.css?ver=3.34.1 (localhost) - **2,778 ms**, 2.49 KiB
...css/common.min.css?ver=3.34.1 (localhost) - **2,774 ms**, 24.85 KiB
...css/admin-bar.min.css?ver=6.9 (localhost) - **2,773 ms**, 19.96 KiB

...css/dashicons.min.css?ver=6.9 (localhost) - **2,772 ms**, 57.92 KiBPreconnected origins

[preconnect](#) hints help the browser establish a connection earlier in the page load, saving time when the first request for that origin is made. The following are the origins that the page preconnected to.

no origins were preconnected

Preconnect candidates

Add [preconnect](#) hints to your most important origins, but try to use no more than 4.

No additional origins are good candidates for preconnecting

 Layout shift culprits ^

Layout shifts occur when elements move absent any user interaction. [Investigate the causes of layout shifts](#), such as elements being added, removed, or their fonts changing as the page loads. [CLS](#) [Unscored](#)

Element	Layout shift score
Total	0.003
	0.002
li#wp-admin-bar-wpforms-menu.menupop	
...fonts/eicons.woff2?5.45.0 (localhost)	Web font
	0.001
li#wp-admin-bar-wpforms-menu.menupop	
	Unsized image element

 Optimize DOM size ^

A large DOM can increase the duration of style calculations and layout reflows, impacting page responsiveness. A large DOM will also increase memory usage. [Learn how to avoid an excessive DOM size](#). [Unscored](#)

Statistic	Element
Total elements	
DOM depth	a.ab-item
Most children	

 3rd parties ^

3rd party code can significantly impact load performance. [Reduce and defer loading of 3rd party code](#) to prioritize your page's content. [Unscored](#)

3rd party	Transfer size	Main thread time
fmkadmapgofadopljbjfkapdkoienihi	0 KiB	33 ms
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/installHook.js	0 KiB	27 ms
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/proxy.js	0 KiB	3 ms

3rd party	Transfer size	Main thread time
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/prepareInjection.js	0 KiB	1 ms
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/hookSettingsInjector.js	0 KiB	1 ms
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/fileFetcher.js	0 KiB	0 ms
fheoggkfdfchfpchceefdbepaoicaho	0 KiB	9 ms
chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/scripts/iframe_form_detection.js	0 KiB	6 ms
chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/scripts/iframe_form_check.js	0 KiB	2 ms
chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/scripts/content_navigate_complete.js	0 KiB	1 ms
jdfifikckhmchfpokjmpcoblghjngjja	0 KiB	4 ms
chrome-extension://jdfifikckhmchfpokjmpcoblghjngjja/js/content.js	0 KiB	4 ms
gmehookibnphigonphophcepbiween	0 KiB	2 ms
chrome-extension://gmehookibnphigonphophcepbiween/content.js	0 KiB	2 ms
Google Fonts Cdn	4 KiB	0 ms
/css?family=... (fonts.googleapis.com)	3 KiB	0 ms
/css?family=... (fonts.googleapis.com)	1 KiB	0 ms
Gravatar Social	43 KiB	0 ms
/avatar/9c99280...?s=128&d=mm&r=g (secure.gravatar.com)	36 KiB	0 ms
/avatar/9c99280...?s=52&d=mm&r=g (secure.gravatar.com)	7 KiB	0 ms

These insights are also available in the Chrome DevTools Performance Panel - [record a trace](#) to view more detailed information.

DIAGNOSTICS

▲ Reduce unused CSS — Est savings of 524 KiB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn how to reduce unused CSS](#) FCP LCP Unscored

Consider reducing, or switching, the number of [WordPress plugins](#) loading unused CSS in your page. To identify  plugins that are adding extraneous CSS, try running [code coverage](#) in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the stylesheet. Look out for plugins that have many stylesheets in the list which have a lot of red in code coverage. A plugin should only enqueue a stylesheet if it is actually used on the page.

URL	Transfer Size	Est Savings
localhost 1st Party	539.2 KiB	524.3 KiB
...widgets-css/frontend.css?ver=2.8.1 (localhost)	81.1 KiB	81.1 KiB
...css/fontawesome.css?ver=5.15.3 (localhost)	70.5 KiB	70.5 KiB
...classic/wpforms-base.min.css?ver=1.9.8.7 (localhost)	60.9 KiB	59.1 KiB
...css/all.min.css?ver=3.34.1 (localhost)	58.0 KiB	58.0 KiB
...css/dashicons.min.css?ver=6.9 (localhost)	57.6 KiB	57.6 KiB
...css/fontawesome.min.css?ver=5.15.3 (localhost)	56.7 KiB	56.7 KiB
...css/frontend.min.css?ver=3.34.1 (localhost)	53.3 KiB	46.1 KiB
...css/v4-shims.min.css?ver=3.34.1 (localhost)	26.1 KiB	26.1 KiB
...css/common.min.css?ver=3.34.1 (localhost)	24.5 KiB	24.3 KiB
...css/elementor-icons.min.css?ver=5.45.0 (localhost)	20.9 KiB	20.9 KiB
...css/admin-bar.min.css?ver=6.9 (localhost)	19.7 KiB	13.9 KiB

URL	Transfer Size	Est Savings
...css/widget-icon-list.min.css?ver=3.24.3 (localhost)	10.0 KiB	10.0 KiB

▲ Reduce unused JavaScript — Est savings of 918 KiB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity. [Learn how to reduce unused JavaScript](#) [FCP] [LCP] [Unscored]

Consider reducing, or switching, the number of [WordPress plugins](#) loading unused JavaScript in your page. To identify plugins that are adding extraneous JS, try running [code coverage](#) in Chrome DevTools. You can identify the theme/plugin responsible from the URL of the script. Look out for plugins that have many scripts in the list which have a lot of red in code coverage. A plugin should only enqueue a script if it is actually used on the page.

URL	Transfer Size	Est Savings
localhost 1st Party	1,203.0 KiB	864.9 KiB
...js/common.min.js?ver=3.34.1 (localhost)	506.3 KiB	390.8 KiB
...js/common-modules.min.js?ver=3.34.1 (localhost)	154.1 KiB	112.1 KiB
...js/web-cli.min.js?ver=3.34.1 (localhost)	166.4 KiB	110.4 KiB
...js/app-loader.min.js?ver=3.34.1 (localhost)	88.1 KiB	63.8 KiB
...js/frontend-modules.min.js?ver=3.34.1 (localhost)	83.8 KiB	48.6 KiB
...frontend/wpforms.min.js?ver=1.9.8.7 (localhost)	51.0 KiB	41.9 KiB
...jquery/jquery.min.js?ver=3.7.1 (localhost)	85.5 KiB	41.7 KiB
...backbone/backbone.marionette.min.js?ver=2.4.5.e1 (localhost)	44.1 KiB	35.6 KiB
...js/backbone.min.js?ver=1.6.0 (localhost)	23.7 KiB	20.0 KiB
Unattributable	57.6 KiB	53.1 KiB
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/installHook.js	57.6 KiB	53.1 KiB

▲ Minify CSS — Est savings of 25 KiB

Minifying CSS files can reduce network payload sizes. [Learn how to minify CSS](#) [FCP] [LCP] [Unscored]

W A number of [WordPress plugins](#) can speed up your site by concatenating, minifying, and compressing your styles. You may also want to use a build process to do this minification up-front if possible.

URL	Transfer Size	Est Savings
localhost 1st Party	152.2 KiB	25.4 KiB
...widgets-css/frontend.css?ver=2.8.1 (localhost)	81.4 KiB	13.0 KiB
...css/fontawesome.css?ver=5.15.3 (localhost)	70.8 KiB	12.4 KiB

Image elements do not have explicit `width` and `height`

Set an explicit width and height on image elements to reduce layout shifts and improve CLS. [Learn how to set image dimensions](#) [CLS] [Unscored]

URL
localhost 1st Party

URL

img.custom-logo ...11/logo-green.svg (localhost)

img.custom-logo ...11/logo-green.svg (localhost)

img.attachment-full.size-full.wp-image-117 ...11/quotes.svg (localhost)

Avoid enormous network payloads — Total size was 25,015 KiB

Large network payloads cost users real money and are highly correlated with long load times. [Learn how to reduce payload sizes](#) [Unscored]



Consider showing excerpts in your post lists (e.g. via the more tag), reducing the number of posts shown on a given page, breaking your long posts into multiple pages, or using a plugin to lazy-load comments.

URL	Transfer Size
localhost <small>1st Party</small>	23,753.3 KiB
...01/travel-concept-close-up-portrait-young-beautiful-attrac....jpg (localhost)	22,326.3 KiB
...js/common.min.js?ver=3.34.1 (localhost)	506.7 KiB
...js/web-cli.min.js?ver=3.34.1 (localhost)	166.7 KiB
...js/common-modules.min.js?ver=3.34.1 (localhost)	154.4 KiB
/contactpoint-test/ (localhost)	137.7 KiB
...fonts/eicons.woff2?5.45.0 (localhost)	102.1 KiB
...11/service-2.jpg (localhost)	97.0 KiB
...js/app-loader.min.js?ver=3.34.1 (localhost)	88.4 KiB
...11/service-1.jpg (localhost)	88.2 KiB
...jquery/jquery.min.js?ver=3.7.1 (localhost)	85.8 KiB

○ Avoid long main-thread tasks — 3 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay. [Learn how to avoid long main-thread tasks](#) [TBT] [Unscored]

URL	Start Time	Duration
localhost <small>1st Party</small>		564 ms
...jquery/jquery.min.js?ver=3.7.1 (localhost)	3,585 ms	437 ms
/contactpoint-test/ (localhost)	285 ms	66 ms
...js/common.min.js?ver=3.34.1 (localhost)	3,502 ms	61 ms

>User Timing marks and measures — 1 user timing

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn more about User Timing marks.](#) Unscored

Name	Type	Start Time	Duration
_v3	Mark	0.00 ms	

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

PASSED AUDITS (10)

Hide

Duplicated JavaScript

Remove large, [duplicate JavaScript modules](#) from bundles to reduce unnecessary bytes consumed by network activity. FCP LCP Unscored

Font display

Consider setting [font-display](#) to swap or optional to ensure text is consistently visible. swap can be further optimized to mitigate layout shifts with [font metric overrides.](#) Unscored

INP breakdown

Start investigating [how to improve INP](#) by looking at the longest subpart. Unscored

Modern HTTP

HTTP/2 and HTTP/3 offer many benefits over HTTP/1.1, such as multiplexing. [Learn more about using modern HTTP.](#) FCP LCP Unscored

Optimize viewport for mobile

Tap interactions may be [delayed by up to 300 ms](#) if the viewport is not optimized for mobile. Unscored

meta

Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn how to minify JavaScript.](#) FCP LCP Unscored

 A number of [WordPress plugins](#) can speed up your site by concatenating, minifying, and compressing your scripts. You may also want to use a build process to do this minification up front if possible.

JavaScript execution time — 0.2 s

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to reduce Javascript execution time.](#) TBT Unscored

URL	Total CPU Time	Script Evaluation	Script Parse
localhost 1st Party	967 ms	129 ms	44 ms
...jquery/jquery.min.js?ver=3.7.1 (localhost)	502 ms	57 ms	2 ms
/contactpoint-test/ (localhost)	402 ms	26 ms	26 ms
...js/common.min.js?ver=3.34.1 (localhost)	63 ms	46 ms	15 ms
Unattributable	319 ms	26 ms	0 ms
Unattributable	319 ms	26 ms	0 ms

Minimizes main-thread work — 1.5 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn how to minimize main-thread work](#) [TBT] [Unscored]

Category	Time Spent
Style & Layout	544 ms
Other	535 ms
Script Evaluation	285 ms
Script Parsing & Compilation	78 ms
Parse HTML & CSS	65 ms
Rendering	10 ms
Garbage Collection	3 ms

○ Avoid non-composited animations

Animations which are not composited can be janky and increase CLS. [Learn how to avoid non-composited animations](#) [CLS] [Unscored]

Page didn't prevent back/forward cache restoration

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations. [Learn more about the bfcache](#) [Unscored]



Accessibility

These checks highlight opportunities to [improve the accessibility of your web app](#). Automatic detection can only detect a subset of issues and does not guarantee the accessibility of your web app, so [manual testing](#) is also encouraged.

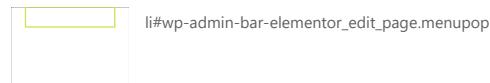
ARIA

⚠ Elements with an ARIA [role] that require children to contain a specific [role] are missing some or all of those required children.

Some ARIA parent roles must contain specific child roles to perform their intended accessibility functions. [Learn more about roles and required children elements](#).

Failing Elements

ul#wp-admin-bar-root-default.ab-top-menu



These are opportunities to improve the usage of ARIA in your application which may enhance the experience for users of assistive technology, like a screen reader.

CONTRAST

⚠ Background and foreground colors do not have a sufficient contrast ratio.

Low-contrast text is difficult or impossible for many users to read. [Learn how to provide sufficient color contrast](#).

Failing Elements



p



body.home.wp-singular.page-template.page-template-elementor_header_footer.page.page-id-1318.lo...

These are opportunities to improve the legibility of your content.

TABLES AND LISTS

- ⚠ List items (``) are not contained within ``, `` or `<menu>` parent elements.

^

Screen readers require list items (``) to be contained within a parent ``, `` or `<menu>` to be announced properly.

[Learn more about proper list structure.](#)

Failing Elements



li#wp-admin-bar-elementor_edit_page.menuitem

These are opportunities to improve the experience of reading tabular or list data using assistive technology, like a screen reader.

BEST PRACTICES

- ⚠ Document does not have a main landmark.

^

One main landmark helps screen reader users navigate a web page. [Learn more about landmarks.](#)

Failing Elements



html

- Uses ARIA roles only on compatible elements

^

Many HTML elements can only be assigned certain ARIA roles. Using ARIA roles where they are not allowed can interfere with the accessibility of the web page. [Learn more about ARIA roles.](#) [Unscored]

Failing Elements



li#wp-admin-bar-wp-logo.menuitem



li#wp-admin-bar-site-name.menuitem



li#wp-admin-bar-customize.hide-if-no-customize.menuitem



li#wp-admin-bar-comments.menuitem

Failing Elements



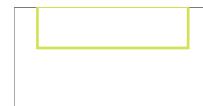
li#wp-admin-bar-new-content.menupop



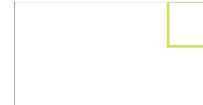
li#wp-admin-bar-edit



li#wp-admin-bar-wpforms-menu.menupop



li#wp-admin-bar-my-account.menupop.with-avatar



li#wp-admin-bar-search.admin-bar-search

These items highlight common accessibility best practices.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Hide

 Interactive controls are keyboard focusable

^

Custom interactive controls are keyboard focusable and display a focus indicator. [Learn how to make custom controls focusable](#). [Unscored]

 Interactive elements indicate their purpose and state

^

Interactive elements, such as links and buttons, should indicate their state and be distinguishable from non-interactive elements. [Learn how to decorate interactive elements with affordance hints](#). [Unscored]

 The page has a logical tab order

^

Tabbing through the page follows the visual layout. Users cannot focus elements that are offscreen. [Learn more about logical tab ordering](#). [Unscored]

 Visual order on the page follows DOM order

^

DOM order matches the visual order, improving navigation for assistive technology. [Learn more about DOM and visual ordering](#). [Unscored]

 User focus is not accidentally trapped in a region

^

A user can tab into and out of any control or region without accidentally trapping their focus. [Learn how to avoid focus traps](#). [Unscored]

 The user's focus is directed to new content added to the page

^

If new content, such as a dialog, is added to the page, the user's focus is directed to it. [Learn how to direct focus to new content](#). [Unscored]

- HTML5 landmark elements are used to improve navigation ^

Landmark elements (<main>, <nav>, etc.) are used to improve the keyboard navigation of the page for assistive technology. [Learn more about landmark elements.](#) Unscored
 - Offscreen content is hidden from assistive technology ^

Offscreen content is hidden with display: none or aria-hidden=true. [Learn how to properly hide offscreen content.](#) Unscored
 - Custom controls have associated labels ^

Custom interactive controls have associated labels, provided by aria-label or aria-labelledby. [Learn more about custom controls and labels.](#) Unscored
 - Custom controls have ARIA roles ^

Custom interactive controls have appropriate ARIA roles. [Learn how to add roles to custom controls.](#) Unscored
- These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review](#).
- | PASSED AUDITS (24) | Hide |
|--|------|
| <p>[aria-*] attributes match their roles ^</p> <p>Each ARIA role supports a specific subset of aria-* attributes. Mismatching these invalidates the aria-* attributes. Learn how to match ARIA attributes to their roles.</p> <p>[aria-hidden="true"] is not present on the document <body> ^</p> <p>Assistive technologies, like screen readers, work inconsistently when aria-hidden="true" is set on the document <body>. Learn how aria-hidden affects the document body.</p> <p>[role]s have all required [aria-*] attributes ^</p> <p>Some ARIA roles have required attributes that describe the state of the element to screen readers. Learn more about roles and required attributes.</p> <p>[role]s are contained by their required parent element ^</p> <p>Some ARIA child roles must be contained by specific parent roles to properly perform their intended accessibility functions. Learn more about ARIA roles and required parent element.</p> <p>[role] values are valid ^</p> <p>ARIA roles must have valid values in order to perform their intended accessibility functions. Learn more about valid ARIA roles.</p> <p>[aria-*] attributes have valid values ^</p> <p>Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid values. Learn more about valid values for ARIA attributes.</p> <p>[aria-*] attributes are valid and not misspelled ^</p> <p>Assistive technologies, like screen readers, can't interpret ARIA attributes with invalid names. Learn more about valid ARIA attributes.</p> <p>Buttons have an accessible name ^</p> <p>When a button doesn't have an accessible name, screen readers announce it as "button", making it unusable for users who rely on screen readers. Learn how to make buttons more accessible.</p> <p>Image elements have [alt] attributes ^</p> <p>Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. Learn more about the alt attribute.</p> | |

Form elements have associated labels

Labels ensure that form controls are announced properly by assistive technologies, like screen readers. [Learn more about form element labels.](#)

`[user-scalable="no"]` is not used in the `<meta name="viewport">` element and the `[maximum-scale]` attribute is not less than 5.

Disabling zooming is problematic for users with low vision who rely on screen magnification to properly see the contents of a web page. [Learn more about the viewport meta tag.](#)

button, link, and menuitem elements have accessible names

When an element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to make command elements more accessible.](#)

ARIA attributes are used as specified for the element's role

Some ARIA attributes are only allowed on an element under certain conditions. [Learn more about conditional ARIA attributes.](#)

[aria-hidden="true"] elements do not contain focusable descendants

Focusable descendants within an `[aria-hidden="true"]` element prevent those interactive elements from being available to users of assistive technologies like screen readers. [Learn how aria-hidden affects focusable elements.](#)

Elements use only permitted ARIA attributes

Using ARIA attributes in roles where they are prohibited can mean that important information is not communicated to users of assistive technologies. [Learn more about prohibited ARIA roles.](#)

Document has a `<title>` element

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more about document titles.](#)

`<html>` element has a `[lang]` attribute

If a page doesn't specify a `lang` attribute, a screen reader assumes that the page is in the default language that the user chose when setting up the screen reader. If the page isn't actually in the default language, then the screen reader might not announce the page's text correctly. [Learn more about the lang attribute.](#)

`<html>` element has a valid value for its `[lang]` attribute

Specifying a valid [BCP 47 language](#) helps screen readers announce text properly. [Learn how to use the lang attribute.](#)

Links have a discernible name

Link text (and alternate text for images, when used as links) that is discernible, unique, and focusable improves the navigation experience for screen reader users. [Learn how to make links accessible.](#)

Lists contain only `` elements and script supporting elements (`<script>` and `<template>`).

Screen readers have a specific way of announcing lists. Ensuring proper list structure aids screen reader output. [Learn more about proper list structure.](#)

No element has a `[tabindex]` value greater than 0

A value greater than 0 implies an explicit navigation ordering. Although technically valid, this often creates frustrating experiences for users who rely on assistive technologies. [Learn more about the tabindex attribute.](#)

Touch targets have sufficient size and spacing.

Touch targets with sufficient size and spacing help users who may have difficulty targeting small controls to activate the targets. [Learn more about touch targets.](#)

Heading elements appear in a sequentially-descending order

Properly ordered headings that do not skip levels convey the semantic structure of the page, making it easier to navigate and understand when using assistive technologies. [Learn more about heading order.](#)

Deprecated ARIA roles were not used

Deprecated ARIA roles may not be processed correctly by assistive technology. [Learn more about deprecated ARIA roles.](#)

NOT APPLICABLE (31)

Hide

○ [\[accesskey\] values are unique](#)

Access keys let users quickly focus a part of the page. For proper navigation, each access key must be unique. [Learn more about access keys.](#) Unscored

○ [Elements with role="dialog" or role="alertdialog" have accessible names.](#)

ARIA dialog elements without accessible names may prevent screen readers users from discerning the purpose of these elements. [Learn how to make ARIA dialog elements more accessible.](#) Unscored

○ [ARIA input fields have accessible names](#)

When an input field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about input field labels.](#) Unscored

○ [ARIA meter elements have accessible names](#)

When a meter element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name meter elements.](#) Unscored

○ [ARIA progressbar elements have accessible names](#)

When a progressbar element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to label progressbar elements.](#) Unscored

○ [Elements with the role=text attribute do not have focusable descendants.](#)

Adding role=text around a text node split by markup enables VoiceOver to treat it as one phrase, but the element's focusable descendants will not be announced. [Learn more about the role=text attribute.](#) Unscored

○ [ARIA toggle fields have accessible names](#)

When a toggle field doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about toggle fields.](#) Unscored

○ [ARIA tooltip elements have accessible names](#)

When a tooltip element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn how to name tooltip elements.](#) Unscored

○ [ARIA treeitem elements have accessible names](#)

When a treeitem element doesn't have an accessible name, screen readers announce it with a generic name, making it unusable for users who rely on screen readers. [Learn more about labeling treeitem elements.](#) Unscored

○ [The page contains a heading, skip link, or landmark region](#)

Adding ways to bypass repetitive content lets keyboard users navigate the page more efficiently. [Learn more about bypass blocks.](#) Unscored

○ [<dl>'s contain only properly-ordered <dt> and <dd> groups, <script>, <template> or <div> elements.](#)

When definition lists are not properly marked up, screen readers may produce confusing or inaccurate output. [Learn how to structure definition lists correctly.](#) Unscored

- Definition list items are wrapped in `<dl>` elements

Definition list items (`<dt>` and `<dd>`) must be wrapped in a parent `<dl>` element to ensure that screen readers can properly announce them. [Learn how to structure definition lists correctly.](#) [Unscored]

- ARIA IDs are unique

The value of an ARIA ID must be unique to prevent other instances from being overlooked by assistive technologies. [Learn how to fix duplicate ARIA IDs.](#) [Unscored]

- No form fields have multiple labels

Form fields with multiple labels can be confusingly announced by assistive technologies like screen readers which use either the first, the last, or all of the labels. [Learn how to use form labels.](#) [Unscored]

- `<frame>` or `<iframe>` elements have a title

Screen reader users rely on frame titles to describe the contents of frames. [Learn more about frame titles.](#) [Unscored]

- `<html>` element has an `[xml:lang]` attribute with the same base language as the `[lang]` attribute.

If the webpage does not specify a consistent language, then the screen reader might not announce the page's text correctly. [Learn more about the lang attribute.](#) [Unscored]

- Input buttons have discernible text.

Adding discernable and accessible text to input buttons may help screen reader users understand the purpose of the input button. [Learn more about input buttons.](#) [Unscored]

- `<input type="image">` elements have `[alt]` text

When an image is being used as an `<input>` button, providing alternative text can help screen reader users understand the purpose of the button. [Learn about input image alt text.](#) [Unscored]

- Links are distinguishable without relying on color.

Low-contrast text is difficult or impossible for many users to read. Link text that is discernible improves the experience for users with low vision. [Learn how to make links distinguishable.](#) [Unscored]

- The document does not use `<meta http-equiv="refresh">`

Users do not expect a page to refresh automatically, and doing so will move focus back to the top of the page. This may create a frustrating or confusing experience. [Learn more about the refresh meta tag.](#) [Unscored]

- `<object>` elements have alternate text

Screen readers cannot translate non-text content. Adding alternate text to `<object>` elements helps screen readers convey meaning to users. [Learn more about alt text for object elements.](#) [Unscored]

- Select elements have associated label elements.

Form elements without effective labels can create frustrating experiences for screen reader users. [Learn more about the select element.](#) [Unscored]

- Skip links are focusable.

Including a skip link can help users skip to the main content to save time. [Learn more about skip links.](#) [Unscored]

- Cells in a `<table>` element that use the `[headers]` attribute refer to table cells within the same table.

Screen readers have features to make navigating tables easier. Ensuring `<td>` cells using the `[headers]` attribute only refer to other cells in the same table may improve the experience for screen reader users. [Learn more about the headers attribute.](#) [Unscored]

- `<th>` elements and elements with `[role="columnheader"/"rowheader"]` have data cells they describe.

Screen readers have features to make navigating tables easier. Ensuring table headers always refer to some set of cells may improve the experience for screen reader users. [Learn more about table headers.](#) [Unscored]

- [lang] attributes have a valid value

Specifying a valid [BCP 47 language](#) on elements helps ensure that text is pronounced correctly by a screen reader. [Learn how to use the lang attribute.](#) [Unscored]

- <video> elements contain a <track> element with [kind="captions"]

When a video provides a caption it is easier for deaf and hearing impaired users to access its information. [Learn more about video captions.](#) [Unscored]

- Tables have different content in the summary attribute and <caption>.

The summary attribute should describe the table structure, while <caption> should have the onscreen title. Accurate table mark-up helps users of screen readers. [Learn more about summary and caption.](#) [Unscored]

- All heading elements contain content.

A heading with no content or inaccessible text prevent screen reader users from accessing information on the page's structure. [Learn more about headings.](#) [Unscored]

- Image elements do not have [alt] attributes that are redundant text.

Informative elements should aim for short, descriptive alternative text. Alternative text that is exactly the same as the text adjacent to the link or image is potentially confusing for screen reader users, because the text will be read twice. [Learn more about the alt attribute.](#) [Unscored]

- Identical links have the same purpose.

Links with the same destination should have the same description, to help users understand the link's purpose and decide whether to follow it. [Learn more about identical links.](#) [Unscored]



Best Practices

TRUST AND SAFETY

- Ensure CSP is effective against XSS attacks

A strong Content Security Policy (CSP) significantly reduces the risk of cross-site scripting (XSS) attacks. [Learn how to use a CSP to prevent XSS.](#) [Unscored]

Description	Directive	Severity
No CSP found in enforcement mode		High

- Use a strong HSTS policy

Deployment of the HSTS header significantly reduces the risk of downgrading HTTP connections and eavesdropping attacks. A rollout in stages, starting with a low max-age is recommended. [Learn more about using a strong HSTS policy.](#) [Unscored]

Description	Directive	Severity
No HSTS header found		High

- Ensure proper origin isolation with COOP

The Cross-Origin-Opener-Policy (COOP) can be used to isolate the top-level window from other documents such as pop-ups. [Learn more about deploying the COOP header.](#) [Unscored]

Description	Directive	Severity
No COOP header found		High

○ Mitigate clickjacking with XFO or CSP ^

The X-Frame-Options (XFO) header or the frame-ancestors directive in the Content-Security-Policy (CSP) header control where a page can be embedded. These can mitigate clickjacking attacks by blocking some or all sites from embedding the page. [Learn more about mitigating clickjacking.](#) Unscored

Description	Severity
No frame control policy found	High

○ Mitigate DOM-based XSS with Trusted Types ^

The require-trusted-types-for directive in the Content-Security-Policy (CSP) header instructs user agents to control the data passed to DOM XSS sink functions. [Learn more about mitigating DOM-based XSS with Trusted Types.](#) Unscored

Description	Severity
No 'Content-Security-Policy' header with Trusted Types directive found	High

GENERAL

○ Detected JavaScript libraries ^

All front-end JavaScript libraries detected on the page. [Learn more about this JavaScript library detection diagnostic audit.](#) Unscored

Name	Version
jQuery	3.7.1
jQuery UI	1.13.3
Backbone	1.6.0
Underscore	1.13.7
Marionette	2.4.5
WordPress	6.9
core-js	core-js-global@3.46.0

▲ Missing source maps for large first-party JavaScript ^

Source maps translate minified code to the original source code. This helps developers debug in production. In addition, Lighthouse is able to provide further insights. Consider deploying source maps to take advantage of these benefits. [Learn more about source maps.](#) Unscored

URL	Map URL
localhost 1st Party	
...js/common.min.js?ver=3.34.1 (localhost)	
Large JavaScript file is missing a source map	
Unattributable	

URL	Map URL
chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/installHook.js	chrome-extension://fmkadmapgofadopljbjfkapdkoienihi/build/installHook.js.map
Error: Failed fetching source map (null)	
chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/scripts/iframe_form_detection.js	chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/sourceMap/chrome/scripts/iframe_form_detection.js.map
Error: Failed fetching source map (null)	
chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/scripts/iframe_form_check.js	chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/sourceMap/chrome/scripts/iframe_form_check.js.map
Error: Failed fetching source map (null)	
chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/scripts/content_navigate_complete.js	chrome-extension://fheoggkfdfchfpchceefdbepaoicaho/sourceMap/chrome/scripts/content_navigate_complete.js.map
Error: Failed fetching source map (null)	

PASSED AUDITS (12)

[Hide](#)

Uses HTTPS

All sites should be protected with HTTPS, even ones that don't handle sensitive data. This includes avoiding [mixed content](#), where some resources are loaded over HTTP despite the initial request being served over HTTPS. HTTPS prevents intruders from tampering with or passively listening in on the communications between your app and your users, and is a prerequisite for HTTP/2 and many new web platform APIs. [Learn more about HTTPS](#).

Avoids deprecated APIs

Deprecated APIs will eventually be removed from the browser. [Learn more about deprecated APIs](#).

Averts third-party cookies

Third-party cookies may be blocked in some contexts. [Learn more about preparing for third-party cookie restrictions](#).

Allows users to paste into input fields

Preventing input pasting is a bad practice for the UX, and weakens security by blocking password managers. [Learn more about user-friendly input fields](#).

Averts requesting the geolocation permission on page load

Users are mistrustful of or confused by sites that request their location without context. Consider tying the request to a user action instead. [Learn more about the geolocation permission](#).

Averts requesting the notification permission on page load

Users are mistrustful of or confused by sites that request to send notifications without context. Consider tying the request to user gestures instead. [Learn more about responsibly getting permission for notifications](#).

Displays images with correct aspect ratio

Image display dimensions should match natural aspect ratio. [Learn more about image aspect ratio](#).

Serves images with appropriate resolution

Image natural dimensions should be proportional to the display size and the pixel ratio to maximize image clarity. [Learn how to provide responsive images](#).

Page has the HTML doctype

Specifying a doctype prevents the browser from switching to quirks-mode. [Learn more about the doctype declaration](#).

Properly defines charset

A character encoding declaration is required. It can be done with a `<meta>` tag in the first 1024 bytes of the HTML or in the Content-Type HTTP response header. [Learn more about declaring the character encoding.](#)

No browser errors logged to the console

Errors logged to the console indicate unresolved problems. They can come from network request failures and other browser concerns. [Learn more about this errors in console diagnostic audit](#)

No issues in the Issues panel in Chrome Devtools

Issues logged to the Issues panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the Issues panel in Chrome DevTools for more details on each issue.

NOT APPLICABLE (1)

Hide

 Redirects HTTP traffic to HTTPS

Make sure that you redirect all HTTP traffic to HTTPS in order to enable secure web features for all your users. [Learn more](#).

Unscored



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SEO

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 about Google Search Essentials](#).

ADDITIONAL ITEMS TO MANUALLY CHECK (1)

Hide

 Structured data is valid

Run the [Structured Data Testing Tool](#) to validate structured data. [Learn more about Structured Data](#). Unscored

Run these additional validators on your site to check additional SEO best practices.

PASSED AUDITS (9)

Hide

Page isn't blocked from indexing

Search engines are unable to include your pages in search results if they don't have permission to crawl them. [Learn more about crawler directives](#).

Document has a `<title>` element

The title gives screen reader users an overview of the page, and search engine users rely on it heavily to determine if a page is relevant to their search. [Learn more about document titles](#).

Document has a meta description

Meta descriptions may be included in search results to concisely summarize page content. [Learn more about the meta description](#).

Page has successful HTTP status code

Pages with unsuccessful HTTP status codes may not be indexed properly. [Learn more about HTTP status codes](#).

Links have descriptive text

Descriptive link text helps search engines understand your content. [Learn how to make links more accessible](#).

Links are crawlable ^

Search engines may use href attributes on links to crawl websites. Ensure that the href attribute of anchor elements links to an appropriate destination, so more pages of the site can be discovered. [Learn how to make links crawlable](#)

Image elements have [alt] attributes ^

Informative elements should aim for short, descriptive alternate text. Decorative elements can be ignored with an empty alt attribute. [Learn more about the alt attribute](#).

Document has a valid hreflang ^

hreflang links tell search engines what version of a page they should list in search results for a given language or region. [Learn more about hreflang](#).

Document has a valid rel=canonical ^

Canonical links suggest which URL to show in search results. [Learn more about canonical links](#).

NOT APPLICABLE (1) Hide

robots.txt is valid ^

If your robots.txt file is malformed, crawlers may not be able to understand how you want your website to be crawled or indexed. [Learn more about robots.txt](#). Unscored

 Captured at Jan 16, 2026, 6:39 PM GMT+5:30

 Initial page load

 Emulated Desktop with Lighthouse 13.0.1

 Custom throttling

 Single page session

 Using Chromium 143.0.0.0 with devtools

Generated by **Lighthouse** 13.0.1 | [File an issue](#)