https://itsbetterthanwork.com/ ⋮

38 Performance

89 Accessibility

69 Best Practices

100 SEO

PWA Progressive Web App

▬ 0–49   ▬ 50–89   ▬ 90–100

38

Performance

Metrics

● First Contentful Paint	1.9 s		▲ Time to Interactive	14.2 s	
■ Speed Index	4.2 s		▲ Total Blocking Time	6,040 ms	
▲ Largest Contentful Paint	5.3 s		● Cumulative Layout Shift	0	

Values are estimated and may vary. The performance score is calculated directly from these metrics. See calculator.
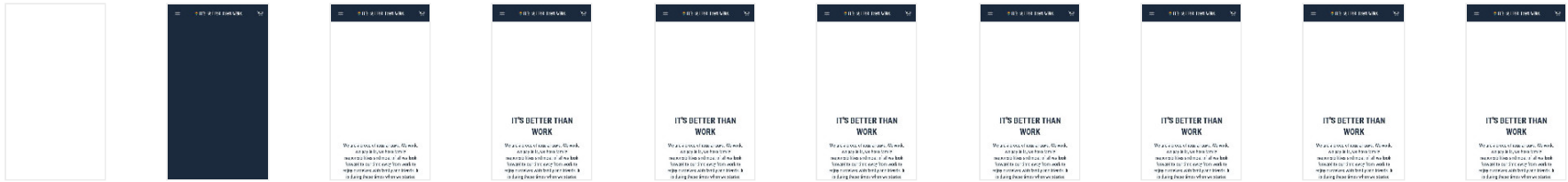
Opportunities — These suggestions can help your page load faster. They don't [directly affect](#) the Performance score.

Opportunity	Estimated Savings
▲ Remove unused JavaScript	▬▬▬▬▬▬▬▬▬ 1.35 s ⌄
▲ Eliminate render-blocking resources	▬▬▬▬▬▬ 0.89 s ⌄
■ Remove unused CSS	▬ 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 ⌄

▲ Reduce the impact of third-party code — Third-party code blocked the main thread for 6,780 ms ⌄

▲ Minimize main-thread work — 9.4 s ⌄

▲ Reduce JavaScript execution time — 8.1 s ⌄

▲ Serve static assets with an efficient cache policy — 7 resources found ⌄

⬤ Avoid chaining critical requests — 7 chains found ⌄

⬤ User Timing marks and measures — 180 user timings ⌄

⬤ Keep request counts low and transfer sizes small — 48 requests • 2,045 KiB ⌄

● Largest Contentful Paint element — 1 element found ⌄

● Avoid long main-thread tasks — 14 long tasks found ⌄

Passed audits (17) ⌄

89

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.

Contrast — These are opportunities to improve the legibility of your content.

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

ARIA — 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.

⚠   ARIA IDs are not unique   ⌄

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, like a screen reader.

⚠   `<frame>` or `<iframe>` elements do not have a title   ⌄

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

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

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 (22)   ⌄

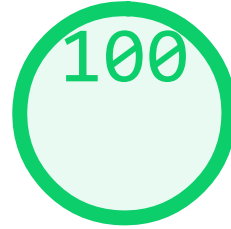**Not applicable (15)**   ⌄

69

Best Practices

Trust and Safety

▲ Links to cross-origin destinations are unsafe   ⌄

▲ Includes front-end JavaScript libraries with known security vulnerabilities   — 16 vulnerabilities detected   ⌄

General

▲ Uses deprecated APIs   — 1 warning found   ⌄

▲ Browser errors were logged to the console   ⌄

Passed audits (10)   ⌄

100

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 (14)   ⌄

PWA

Progressive Web App

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

⚡ **Fast and reliable**

Page load is not fast enough on mobile networks

▲ Your page loads too slowly and is not interactive within 10 seconds. Look at the opportunities and diagnostics in the "Performance" section to learn how to improve.　　⌄

　　— Interactive at 14.2 s

▲ Current page does not respond with a 200 when offline　　⌄

▲ `start_url` does not respond with a 200 when offline No usable web app manifest found on page.　　⌄

⊕ **Installable**

● Uses HTTPS　　⌄

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

▲ Web app manifest does not meet the installability requirements Failures: No manifest was fetched.　　⌄

★ **PWA Optimized**

● Redirects HTTP traffic to HTTPS　　⌄

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

▲ Does not set a theme color for the address bar. Failures: No manifest was fetched.　　⌄

● 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 ⌄

▲ 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://itsbetterthanwork.com/
Fetch Time	Aug 10, 2020, 5:46 PM EDT
Device	Emulated Moto G4
Network throttling	Unknown
CPU throttling	Unknown
Channel	lr

User agent (host)	Mozilla/5.0 (X11; Linux x86_64) AppleWebKit/537.36 (KHTML, like Gecko) HeadlessChrome/83.0.4103.93 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	796

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