

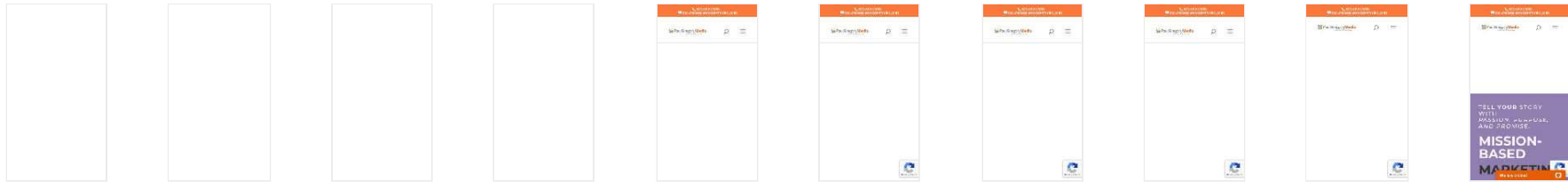
Performance

Metrics



▲ First Contentful Paint	10.7 s	▲ Time to Interactive	34.6 s
▲ Speed Index	27.2 s	▲ Total Blocking Time	5,590 ms
▲ Largest Contentful Paint	31.4 s	▲ Cumulative Layout Shift	1.467

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.

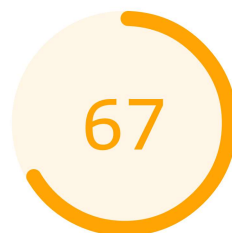
Opportunity	Estimated Savings
▲ Enable text compression	10.67 s
▲ Remove unused JavaScript	8.45 s
▲ Eliminate render-blocking resources	8.44 s
▲ Remove unused CSS	5.25 s
▲ Reduce initial server response time	2.5 s
▲ Defer offscreen images	2.25 s
▲ Serve images in next-gen formats	1.65 s

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

- ▲ Avoid enormous network payloads — Total size was 21,522 KiB
- ▲ Serve static assets with an efficient cache policy — 67 resources found

- ▲ Minimize main-thread work — 18.7 s
- ▲ Ensure text remains visible during webfont load
- ▲ Reduce the impact of third-party code — Third-party code blocked the main thread for 5,900 ms
- ▲ Some third-party resources can be lazy loaded with a facade — 1 facade alternative available
- ▲ Does not use passive listeners to improve scrolling performance
- ▲ Image elements do not have explicit width and height
- ▲ Reduce JavaScript execution time — 13.6 s
- Avoid an excessive DOM size — 958 elements
- Avoid chaining critical requests — 38 chains found
- User Timing marks and measures — 12 user timings
- Keep request counts low and transfer sizes small — 122 requests • 29,951 KiB
- Largest Contentful Paint element — 1 element found
- Avoid large layout shifts — 5 elements found
- Avoid long main-thread tasks — 20 long tasks found
- Avoid non-composited animations — 4 animated elements found

Passed audits (13)



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.

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.

- ▲ [\[aria-*\]](#) attributes do not match their roles ▼
- ▲ [\[aria-hidden="true"\]](#) elements contain focusable descendents ▼
- ▲ ARIA input fields do not have accessible names ▼
- ▲ Elements with an ARIA [\[role\]](#) that require children to contain a specific [\[role\]](#) are missing some or all of those required children. ▼
- ▲ ARIA toggle fields do not have accessible names ▼

▲ [\[aria-*\]](#) attributes do not have valid values



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

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



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, like a screen reader.

▲ Links do not have a discernible name



Best practices — These items highlight common accessibility best practices.

▲ [\[user-scalable="no"\]](#) is used in the `<meta name="viewport">` element or the [\[maximum-scale\]](#) attribute is less than 5.



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 (16)

Not applicable (18)



Best Practices

General

▲ Registers an `unload` listener

▲ Browser errors were logged to the console

Passed audits (15)

Not applicable (1)

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.](#)

Content Best Practices — Format your HTML in a way that enables crawlers to better understand your app's content.


▲ Document does not have a meta description



Mobile Friendly — Make sure your pages are mobile friendly so users don't have to pinch or zoom in order to read the content pages. [Learn more.](#)

■ Tap targets are not sized appropriately — 78% appropriately sized tap targets



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

Passed audits (12) 

Runtime Settings

URL	https://paulgregorymedia.com/
Fetch Time	Mar 8, 2021, 3:11 PM GMT+5:30
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/88.0.4324.202 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

810

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