

Performance Testing Checklist

A. Tableau Dashboard Testing

Test Area	What to Check	Tool/Method
Load Time	Dashboards load in <5 seconds	Tableau Performance Recorder
Filter Responsiveness	Filters don't lag or crash	Manual interaction
Data Volume Scaling	Dashboards still work with 10x data	Synthetic data injection
Viz Complexity	Minimize nested calculations and LODs	Tableau Performance Tips

Example:

- *Meal Frequency Dashboard* was tested with 10,000+ rows of synthetic food log data.
 - Load time remained under 3.2 seconds.
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B. Flask Web App Testing (If Used)

Test Area	What to Check	Tools
Server Load Time	Flask app loads under 2 seconds	Browser dev tools
Embed Performance	Embedded Tableau link renders properly	Lighthouse Audit
Concurrent Users	Handles 10–50 users without timeout	Locust.io / JMeter