

Report from Nov 27, 2025, 1:18:21PM

https://physicianpromptengineering.com/

Analyze

MobileDesktop

Discover what your real users are experiencing

No Data

Diagnose performance issues

70

Performance

93

Accessibility

96

Best Practices

100

SEO

70

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

0.6 s

▲ Total Blocking Time

1,110 ms

● Speed Index

1.1 s

● Largest Contentful Paint

0.9 s

● Cumulative Layout Shift

0

Captured at Nov 27, 2025 at 1:18 PM EST

Emulated Desktop with Lighthouse 13.0.1

Single page session

Initial page load

Custom throttling

Using HeadlessChromium 137.0.7151.119 with Ir

View Treemap

INSIGHTS

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

▲ Use efficient cache lifetimes — Est savings of 86 KiB

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

Request

Cache TTL

Transfer Size

physicianpromptengineering.com [1st Party](#)

92 KiB

/images/workflow-diagram.png (physicianpromptengineering.com)

10m

79 KiB

...css/style.css (physicianpromptengineering.com)

10m

9 KiB

...js/simple-jekyll-search.min.js (physicianpromptengineering.com)

10m

3 KiB

...js/dropdown.js (physicianpromptengineering.com)

10m

1 KiB

eo.page

2 KiB

...powered-by/otto.svg (gallery.eo.page)

4h

2 KiB

Google CDN [Cdn](#)

3 KiB

...api2/logo_48.png (www.gstatic.com)

7d

3 KiB

▲ Improve image delivery — Est savings of 49 KiB

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

URL

Resource Size

Est Savings

physicianpromptengineering.com [1st Party](#)

77.9 KiB

48.5 KiB

Workflow diagram /images/workflow-diagram.png (physicianpromptengineering.com)77.9 KiB48.5 KiB

This image file is larger than it needs to be (1466x408) for its displayed dimensions (300x250). Use responsive images to reduce the image download size.

48.5 KiB

▲ Network dependency tree

■ Font display — Est savings of 20 ms

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.](#) [FCP](#) [Unscored](#)

URL

Est Savings

Google Fonts [Cdn](#)

...v48/KFO7CnqEu...woff2 (fonts.gstatic.com)

20 ms

...v18/KFOmCnqEu...woff2 (fonts.gstatic.com)

10 ms

■ Rendering blocking requests

○ Optimize DOM size

○ LCP breakdown

○ 3rd parties

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

DIAGNOSTICS

▲ Minimize main-thread work — 2.9 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

Script Evaluation

1,666 ms

Script Parsing & Compilation

716 ms

Other

187 ms

Style & Layout

169 ms

Garbage Collection

161 ms

Parse HTML & CSS

31 ms

Rendering

17 ms

▲ Reduce JavaScript execution time — 2.3 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

Google CDN [Cdn](#)

1,190 ms

752 ms

300 ms

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

1,190 ms

752 ms

300 ms

YouTube [Video](#)

987 ms

573 ms

343 ms

...en_US/base.js (www.youtube-nocookie.com)

581 ms

276 ms

292 ms

...www-embed-player/vflset/www-embed-player.js (www.youtube-nocookie.com)

330 ms

264 ms

43 ms

/embed/-2ivdNTM7SY7si-c0EtIG8wK0xEp3e (www.youtube-nocookie.com)

76 ms

32 ms

8 ms

physicianpromptengineering.com [1st Party](#)

219 ms

81 ms

1 ms

https://physicianpromptengineering.com

219 ms

81 ms

1 ms

Unattributable

163 ms

3 ms

0 ms

Unattributable

163 ms

3 ms

0 ms

Other Google APIs/SDKs [Utility](#)

109 ms

95 ms

4 ms

...api2/anchor?ar=... (www.google.com)

109 ms

95 ms

4 ms

Google Tag Manager [Tag-Manager](#)

107 ms

57 ms

48 ms

/gtag/js?id=G-VNYGW8RWMY (www.googletagmanager.com)

107 ms

57 ms

48 ms

eomail5.com

80 ms

46 ms

13 ms

/form/bbb56cb2-b806-11f0-9ae9-71cfd46639b.js (eomail5.com)

80 ms

46 ms

13 ms

▲ Reduce unused JavaScript — Est savings of 1,170 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.](#) [LCP](#) [FCP](#) [Unscored](#)

URL

Transfer Size

Est Savings

Google CDN [Cdn](#)

1,039.8 KiB

559.0 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

346.6 KiB

212.2 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

346.6 KiB

180.6 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

346.6 KiB

166.1 KiB

YouTube [Video](#)

783.6 KiB

557.6 KiB

...en_US/base.js (www.youtube-nocookie.com)

669.3 KiB

485.2 KiB

...www-embed-player/vflset/www-embed-player.js (www.youtube-nocookie.com)

114.3 KiB

72.4 KiB

Google Tag Manager [Tag-Manager](#)

139.5 KiB

53.6 KiB

/gtag/js?id=G-VNYGW8RWMY (www.googletagmanager.com)

139.5 KiB

53.6 KiB

■ Image elements do not have explicit width and height

■ Reduce unused CSS — Est savings of 83 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.](#) [LCP](#) [FCP](#) [Unscored](#)

URL

Transfer Size

Est Savings

YouTube [Video](#)

58.4 KiB

57.0 KiB

...89e685a2/www-player.css (www.youtube-nocookie.com)

58.4 KiB

57.0 KiB

Unattributable

27.1 KiB

25.7 KiB

[data-form="bbb56cb2-b806-11f0-9ae9-71cfd46639b"] { --text-colour:#212529; .. } ..

27.1 KiB

25.7 KiB

■ Avoid enormous network payloads — Total size was 2,847 KiB

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

URL

Transfer Size

Google CDN [Cdn](#)

1,390.2 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

347.6 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

347.6 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

347.6 KiB

...TkacYQdEJ.../recaptcha__en.js (www.gstatic.com)

347.6 KiB

YouTube [Video](#)

916.7 KiB

...en_US/base.js (www.youtube-nocookie.com)

670.0 KiB

...www-embed-player/vflset/www-embed-player.js (www.youtube-nocookie.com)

115.2 KiB

/embed/-2ivdNTM7SY7si-c0EtIG8wK0xEp3e (www.youtube-nocookie.com)

72.4 KiB

...89e685a2/www-player.css (www.youtube-nocookie.com)

59.1 KiB

Google Tag Manager [Tag-Manager](#)

140.2 KiB

/gtag/js?id=G-VNYGW8RWMY (www.googletagmanager.com)

140.2 KiB

physicianpromptengineering.com [1st Party](#)

78.5 KiB

/images/workflow-diagram.png (physicianpromptengineering.com)

78.5 KiB

○ Avoid long main-thread tasks — 14 long tasks found

○ User Timing marks and measures — 23 user timings

More information about the performance of your application. These numbers don't directly affect the Performance score.

PASSED AUDITS (11)

Show

93

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.

CONTRAST

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

▲ Links rely on color to be distinguishable.

These are opportunities to improve the legibility of your content.

ADDITIONAL ITEMS TO MANUALLY CHECK (10)

Show

These items address areas which an automated testing tool cannot cover. Learn more in our guide on [conducting an accessibility review.](#)

PASSED AUDITS (25)

Show

NOT APPLICABLE (33)

Show

96

Best Practices

GENERAL

▲ Issues were logged in the Issues panel in Chrome Devtools

TRUST AND SAFETY

○ Ensure CSP is effective against XSS attacks

○ Use a strong HSTS policy

○ Ensure proper origin isolation with COOP

○ Mitigate clickjacking with XFO or CSP

○ Mitigate DOM-based XSS with Trusted Types

PASSED AUDITS (12)

Show

NOT APPLICABLE (2)

Show

100

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

PASSED AUDITS (10)

Show

More on PageSpeed Insights

What's new
Documentation
Learn about Web Performance
Ask questions on Stack Overflow
Mailing list

Related Content

Updates
Web Fundamentals
Case Studies
Podcasts

Connect

Twitter
Youtube

Google for Developers Chrome Firebase All products

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For details, see the [Google Developers Site Policies](#).