

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

https://physicianpromptengineering.com/

Analyze

Mobile Desktop

Discover what your real users are experiencing

No Data

Diagnose performance issues

40

93

96

100

Performance Accessibility Best Practices SEO

40

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

13.0 s

Largest Contentful Paint

13.6 s

Total Blocking Time

600 ms

Cumulative Layout Shift

0

Speed Index

13.0 s

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

Emulated Moto G Power with Lighthouse 13.0.1

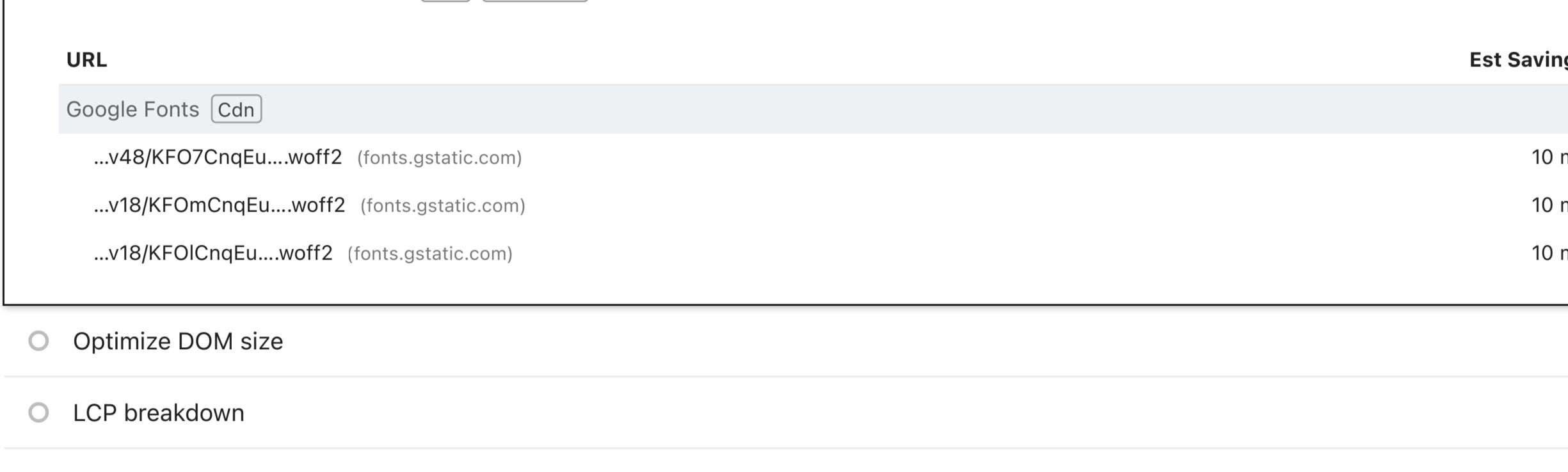
Single page session

Initial page load

Slow 4G throttling

Using Headless Chromium 137.0.7151.119 with IR

View Treetmap

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

INSIGHTS

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](#)

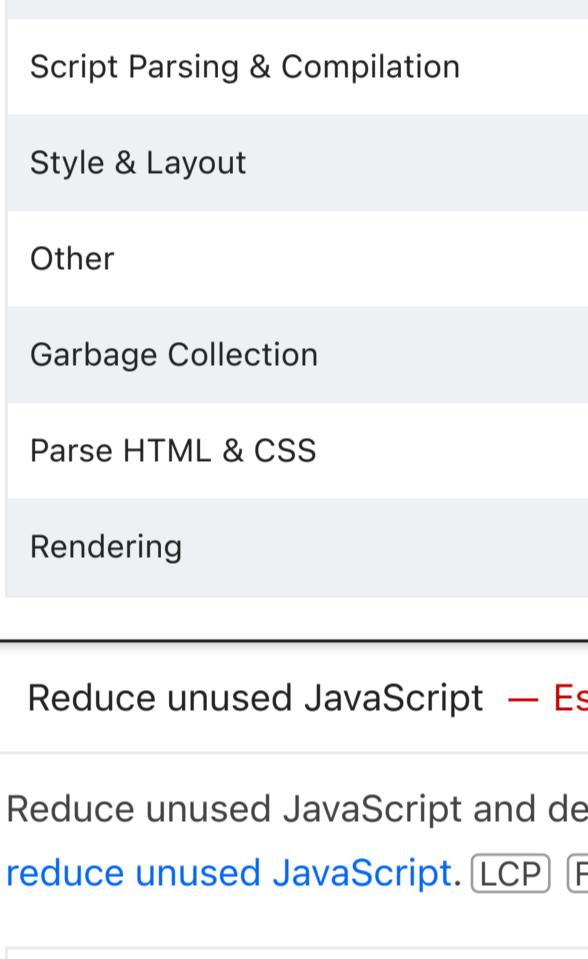
Show 3rd-party resources (2)

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
...jsdropdown.js (physicianpromptengineering.com)	10m	1 Kib
eo.page		2 Kib
...powered-by-lotto.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 62 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	61.9 Kib
 Workflow diagram	77.9 Kib	61.9 Kib

This image file is larger than it needs to be (1466x408)

for its displayed dimensions (665x185). Use responsive images to reduce the image download size.

Render blocking requests — Est savings of 150 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.

(LCP) (FCP) (Unscored)

URL	Transfer Size	Duration
physicianpromptengineering.com [1st Party]	9.5 Kib	170 ms
...css/style.css (physicianpromptengineering.com)	9.5 Kib	170 ms

Forced reflow

Network dependency tree

Font display — Est savings of 10 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/KFOtCnqEu...woff2 (fonts.gstatic.com)	10 ms
...v18/kFOtCnqEu...woff2 (fonts.gstatic.com)	10 ms
...v18/kFOtCnqEu...woff2 (fonts.gstatic.com)	10 ms

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

Reduce JavaScript execution time — 3.3 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](#)

Show 3rd-party resources (7)

URL	Total CPU Time	Script Evaluation	Script Parse
Google CDN [Cdn]	1,568 ms	1,028 ms	421 ms
...TracOdeJ.../recaptcha_en.js (www.gstatic.com)	1,568 ms	1,028 ms	421 ms
YouTube [Video]	1,558 ms	927 ms	489 ms
...en_US/base.js (www.youtube-nocookie.com)	725 ms	393 ms	272 ms
...www-embed-player-pc.vflset/www-embed-player-pc.js (www.youtube-nocookie.com)	673 ms	437 ms	203 ms
/embed-j2vdNTM7SYs1c0ElR8wK0xEp3e (www.youtube-nocookie.com)	159 ms	97 ms	15 ms
physicianpromptengineering.com [1st Party]	209 ms	93 ms	2 ms
https://physicianpromptengineering.com	125 ms	92 ms	1 ms
...jsdropdown.js (physicianpromptengineering.com)	84 ms	1 ms	0 ms
Unattributable	179 ms	3 ms	0 ms
Unattributable	179 ms	3 ms	0 ms
Other Google APIs/SDKs [Utility]	162 ms	149 ms	5 ms
...api2/anchor... (www.google.com)	162 ms	149 ms	5 ms
Google Tag Manager [Tag-Manager]	145 ms	64 ms	78 ms
/gtag/j?d=G-VNYGW8RWMY (www.googletagmanager.com)	145 ms	64 ms	78 ms
eomail5.com	80 ms	45 ms	18 ms
/jform/bbb56cb2-b806-11f0-9ae9-71cfcd46639b.js (eomail5.com)	80 ms	45 ms	18 ms

Reduce JavaScript execution time — 3.3 s

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

Category	Time Spent
Script Evaluation	2,391 ms
Script Parsing & Compilation	1,019 ms
Style & Layout	228 ms
Other	222 ms
Garbage Collection	113 ms
Parse HTML & CSS	74 ms
Rendering	13 ms

Reduce unused JavaScript — Est savings of 1,141 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	558.9 Kib
...TracOdeJ.../recaptcha_en.js (www.gstatic.com)	346.8 Kib	212.2 Kib
...TracOdeJ.../recaptcha_en.js (www.gstatic.com)	346.6 Kib	180.6 Kib

Reduce unused CSS — Est savings of 114 KiB

Reduce unused rules from style sheets 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]	750.9 Kib	528.4 Kib
...en_US/base.js (www.youtube-nocookie.com)	447.0 Kib	311.0 Kib
...www-embed-player-pc.vflset/www-embed-player-pc.js (www.youtube-nocookie.com)	303.9 Kib	217.4 Kib

Google Tag Manager [Tag-Manager]	Transfer Size	Est Savings
/gtag/j?d=G-VNYGW8RWMY (www.googletagmanager.com)	139.7 Kib	53.4 Kib

Reduce unused CSS — Est savings of 114 KiB

Reduce unused rules from style sheets 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]	89.0 Kib	88.4 Kib
...89e685a2/www-player.css (www.youtube-nocookie.com)	58.4 Kib	57.9 Kib
...89e685a2/embed_js.css (www.youtube-nocookie.com)	30.3 Kib	30.5 Kib

Unattributable

27.1 Kib

25.7 Kib

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

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