

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

https://physicianpromptengineering.com/

Analyze

MobileDesktop

Discover what your real users are experiencingNo Data

Diagnose performance issues

40

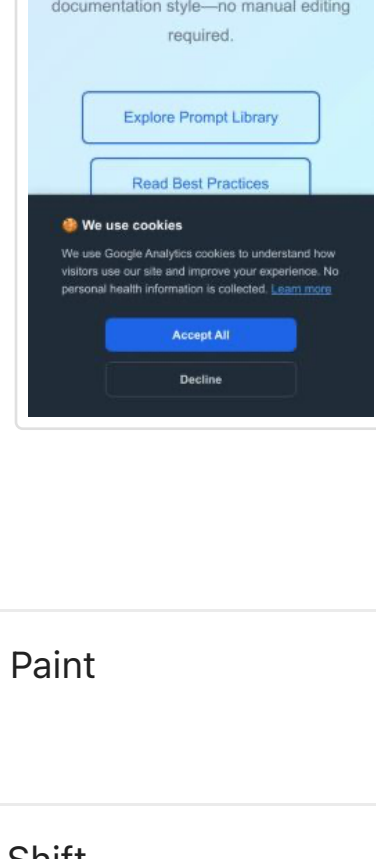
Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. [See calculator.](#)

▲ 0-49

■ 50-89

● 90-100



METRICSExpand view

▲ First Contentful Paint13.0 s

▲ Total Blocking Time600 ms

▲ Speed Index13.0 s

▲ Largest Contentful Paint13.6 s

● Cumulative Layout Shift0

Captured at Nov 27, 2025 at 1:18 PM ESTEmulated Moto G Power with Lighthouse 13.0.1Single page sessionInitial page loadSlow 4G throttlingUsing HeadlessChromium 137.0.7151.119 with Ir

View Treemap

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**

RequestCache TTLTransfer 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

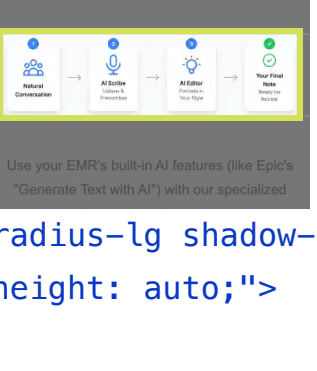
3 KIB

▲ Improve image delivery — Est savings of 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**

URLResource SizeEst Savings

physicianpromptengineering.com **1st Party**77.9 KIB61.9 KIB

Workflow diagram

/images/workflow-diagram.png

(physicianpromptengineering.com)

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.

61.9 KIB

▲ 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**

URLTransfer SizeDuration

physicianpromptengineering.com **1st Party**9.5 KIB170 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**

URLEst Savings

Google Fonts **Cdn**

...v48/KFO7CnqEu...woff2

(fonts.gstatic.com)

10 ms

...v18/KFOmCnqEu...woff2

(fonts.gstatic.com)

10 ms

...v18/KFOICnqEu...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**

URLTotal CPU TimeScript EvaluationScript Parse

Google CDN **Cdn**1,585 ms1,028 ms421 ms

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

1,585 ms

1,028 ms

421 ms

YouTube **Video**1,558 ms927 ms489 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/-2ivdNTM7SY7ai=ci0EIg8wK0xEp3e

(www.youtube-nocookie.com)

159 ms

97 ms

15 ms

physicianpromptengineering.com **1st Party**209 ms93 ms2 ms

https://physicianpromptengineering.com

125 ms

92 ms

1 ms

...js/dropdown.js

(physicianpromptengineering.com)

64 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 ms149 ms5 ms

...api2/anchor?ar=...

(www.google.com)

162 ms

149 ms

5 ms

Google Tag Manager **Tag-Manager**145 ms64 ms78 ms

/gtag/js?id=G-VNYGW8RWMY

(www.googletagmanager.com)

145 ms

64 ms

78 ms

email5.com

80 ms

45 ms

18 ms

/form/bb56cb2-b806-11f0-9ae9-71cfd46639b

(email5.com)

80 ms

45 ms

18 ms

▲ Minimize main-thread work — 4.1 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**

CategoryTime Spent

Script Evaluation2,391 ms

Script Parsing & Compilation1,019 ms

Style & Layout228 ms

Other222 ms

Garbage Collection113 ms

Parse HTML & CSS74 ms

Rendering13 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**

URLTransfer SizeEst Savings

Google CDN **Cdn**1,039.8 KIB558.9 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

346.6 KIB

212.2 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

346.6 KIB

180.6 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

346.6 KIB

166.1 KIB

YouTube **Video**750.9 KIB528.4 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**139.7 KIB53.4 KIB

/gtag/js?id=G-VNYGW8RWMY

(www.googletagmanager.com)

139.7 KIB

53.4 KIB

▲ Reduce unused CSS — Est savings of 114 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**

URLTransfer SizeEst Savings

YouTube **Video**89.0 KIB88.4 KIB

...89e85a2/www-player.css

(www.youtube-nocookie.com)

58.4 KIB

57.9 KIB

...89e85a2/embed_ui.css.css

(www.youtube-nocookie.com)

30.6 KIB

30.5 KIB

Unattributable

27.1 KIB

25.7 KIB

[data-form="bb56cb2-b806-11f0-9ae9-71cfd46639b"] { --text-colour:#212529; ... }

27.1 KIB

25.7 KIB

■ Image elements do not have explicit width and height

■ Avoid enormous network payloads — Total size was 2,839 KIB

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

URLTransfer Size

Google CDN **Cdn**1,390.2 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

347.6 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

347.6 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

347.6 KIB

...TkacYOdEJ...recaptcha__en.js

(www.gstatic.com)

347.6 KIB

YouTube **Video**887.4 KIB

...en_US/base.js

(www.youtube-nocookie.com)

447.7 KIB

...www-embed-player-pc.vflset/www-embed-player-pc.js

(www.youtube-nocookie.com)

304.7 KIB

/embed/-2ivdNTM7SY7ai=ci0EIg8wK0xEp3e

(www.youtube-nocookie.com)

75.9 KIB

...89e85a2/www-player.css

(www.youtube-nocookie.com)

59.1 KIB

Google Tag Manager **Tag-Manager**140.3 KIB

/gtag/js?id=G-VNYGW8RWMY

(www.googletagmanager.com)

140.3 KIB

physicianpromptengineering.com **1st Party**78.5 KIB

/images/workflow-diagram.png

(physicianpromptengineering.com)

78.5 KIB

○ Avoid long main-thread tasks — 16 long tasks found

○ User Timing marks and measures — 29 user timings

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

PASSED AUDITS (10)Show

ACCESSIBILITY

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

BEST PRACTICES

96

Best Practices

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.](#)

GENERAL

▲ Issues were logged in the Issues panel in Chrome Devtools

Issues logged to the Issues panel in Chrome Devtools indicate unresolved problems. They can come from network request failures, insufficient security controls, and other browser concerns. Open up the Issues panel in Chrome DevTools for more details on each issue.

Issue type

Cookie

/embed/-2ivdNTM7SY7ai=ci0EIg8wK0xEp3e

(www.youtube-nocookie.com)

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

SEO

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
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Documentation
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