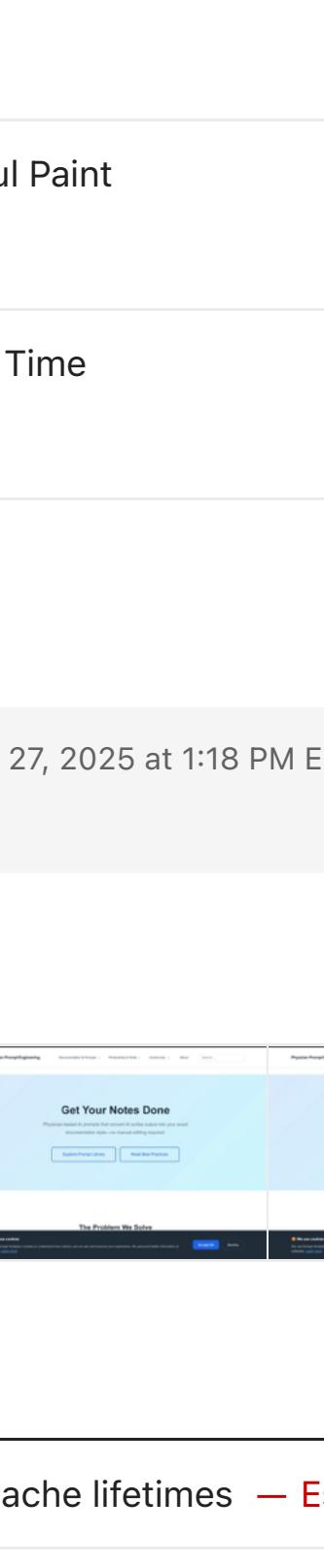


## Report from Nov 27, 2025, 1:18:21PM

https://physicianpromptengineering.com/

[Analyze](#) Mobile  Desktop Discover what your real users are experiencing No Data Diagnose performance issues

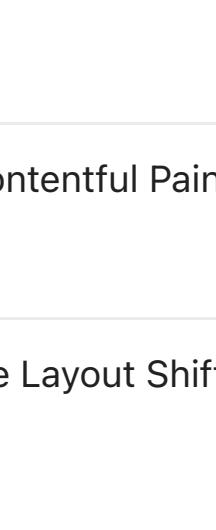
Performance



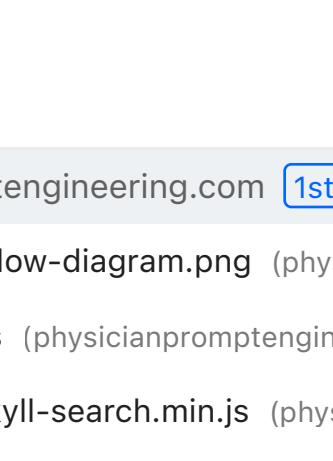
Accessibility



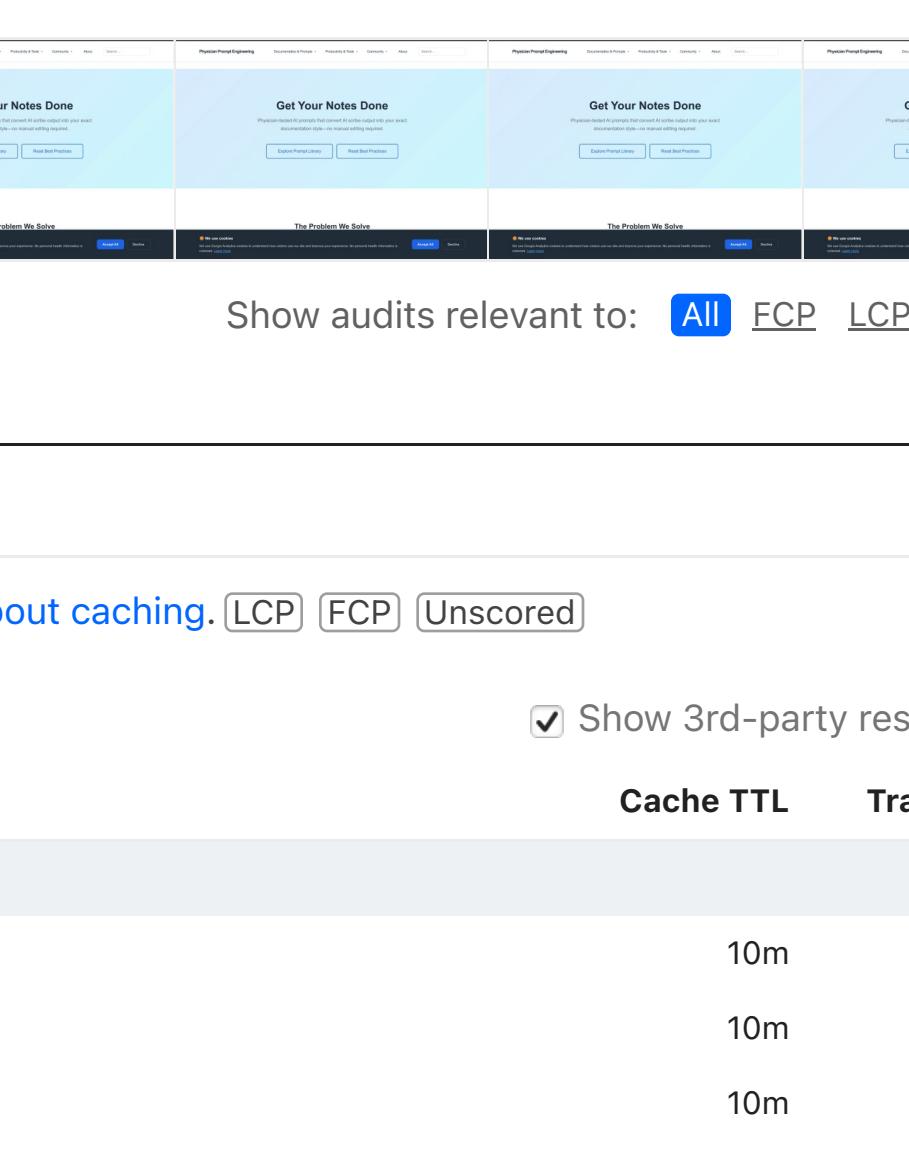
Best Practices



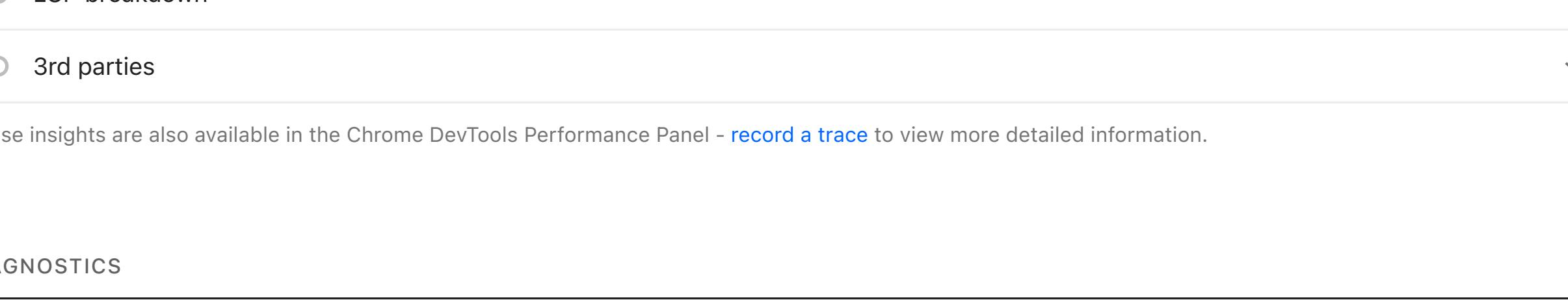
SEO



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**🕒 Captured at Nov 27, 2025 at 1:18 PM EST🕒 Emulated Desktop with Lighthouse 13.0.1🕒 Initial page load🕒 Custom throttling📍 Single page session🕒 Using HeadlessChromium 137.0.7151.119 with IR[View Treemap](#)Show audits relevant to: [All](#) [ECP](#) [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 <span style="color: blue;">[1st Party]</span>	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-byotto.svg (gallery.eo.page)	4h 2 KiB
Google CDN <span style="color: blue;">[CDN]</span>	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]

This image file is larger than it needs to be (1466x408) for its displayed dimensions (900x250). 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`. [TBT] [Unscored]**URL**

Est Savings

Google Fonts <span style="color: blue;">[CDN]</span>	
.v48jkFOjCnqEu...woff2 (fonts.gstatic.com)	20 ms
.v18jkFOjCnqEu...woff2 (fonts.gstatic.com)	10 ms

■ Render blocking requests○ Optimize DOM size○ LCP breakdown○ 3rd partiesThese 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	1,866 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] Show 3rd-party resources (7)**URL**

Total CPU Time Script Evaluation Script Parse

Google CDN <span style="color: blue;">[CDN]</span>	1,190 ms	752 ms	300 ms
._TkacYodEJ.../recaptcha_en.js (www.gstatic.com)	1,190 ms	752 ms	300 ms
YouTube <span style="color: blue;">[Video]</span>	987 ms	573 ms	343 ms
._en_US/base.js (www.youtube-nocookie.com)	581 ms	276 ms	292 ms
._www-embed-player.vfset/www-embed-player.js (www.youtube-nocookie.com)	330 ms	264 ms	43 ms
.(embed)-2vdHTM7SY?i=c1e0tG8wKQxEp3e (www.youtube-nocookie.com)	76 ms	32 ms	8 ms
physicianpromptengineering.com <span style="color: blue;">[1st Party]</span>	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 <span style="color: blue;">[Utility]</span>	109 ms	95 ms	4 ms
._api2/anchor?ar... (www.google.com)	109 ms	95 ms	4 ms
Google Tag Manager <span style="color: blue;">[Tag-Manager]</span>	107 ms	57 ms	48 ms
.gtag.js?i=G-VNYGW8RWYM (www.googletagmanager.com)	107 ms	57 ms	48 ms
email5.com	80 ms	46 ms	13 ms
./form/bbb56cb2-b806-11f0-9ae9-71fcfd46639b.js (email5.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 <span style="color: blue;">[CDN]</span>	1,039.8 KiB	559.0 KiB
._TkacYodEJ.../recaptcha_en.js (www.gstatic.com)	346.8 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 <span style="color: blue;">[Video]</span>	783.6 KiB	557.6 KiB
._en_US/base.js (www.youtube-nocookie.com)	669.3 KiB	485.2 KiB
._www-embed-player.vfset/www-embed-player.js (www.youtube-nocookie.com)	114.2 KiB	72.4 KiB
Google Tag Manager <span style="color: blue;">[Tag-Manager]</span>	139.5 KiB	53.6 KiB
.gtag.js?i=G-VNYGW8RWYM (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] Show 3rd-party resources (1)**URL**

Transfer Size Est Savings

Google CDN <span style="color: blue;">[CDN]</span>	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	
YouTube <span style="color: blue;">[Video]</span>	916.7 KiB	
._en_US/base.js (www.youtube-nocookie.com)	670.0 KiB	
._www-embed-player.vfset/www-embed-player.js (www.youtube-nocookie.com)	115.2 KiB	
.(embed)-2vdHTM7SY?i=c1e0tG8wKQxEp3e (www.youtube-nocookie.com)	72.4 KiB	
._89e685a2/www-player.css (www.youtube-nocookie.com)	59.1 KiB	
Google Tag Manager <span style="color: blue;">[Tag-Manager]</span>	140.2 KiB	
.gtag.js?i=G-VNYGW8RWYM (www.googletagmanager.com)	140.2 KiB	
physicianpromptengineering.com <span style="color: blue;">[1st Party]</span>	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