









Seo Analyzer completehumanperformance.com

Generated on January 30 2022 07:02 AM

The score is 37/100







SEO Content

	Title	<p>Complete Human Performance</p> <p>Length : 26</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>												
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.</p>												
	Headings	<table border="1" data-bbox="539 1375 1481 1449"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>6</td> <td>0</td> <td>3</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1480 1358 1809" style="list-style-type: none"> • [H1] Main • [H2] We have a coaching & nutrition plan for anyone • [H2] FEATURED IN • [H2] COACHING PROGRAMS • [H2] NUTRITION PROGRAMS • [H2] MEET THE TEAM • [H2] Login • [H4] RECENT POSTS • [H4] MORE INFO • [H4] STAY UP-TO-DATE 	H1	H2	H3	H4	H5	H6	1	6	0	3	0	0
H1	H2	H3	H4	H5	H6									
1	6	0	3	0	0									
	Images	<p>We found 5 images on this web page.</p> <p>3 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>												
	Text/HTML Ratio	Ratio : 10%												

SEO Content

		This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Bad. Your links have query string.
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 44 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 45.45% Internal Links 54.55%

In-page links

Anchor	Type	Juice
Our Team	Internal	Passing Juice
Coaching Packages	Internal	Passing Juice
Performance	External	Passing Juice
Restoration	External	Passing Juice
Nutrition	External	Passing Juice
Templates	Internal	Passing Juice
The Crucible	External	Passing Juice
CRUCIBLE TEMPLATE	External	Passing Juice


In-page links

Articles	Internal	Passing Juice
Hybrid	Internal	Passing Juice
Endurance	Internal	Passing Juice
Strength	Internal	Passing Juice
Physique and Bodybuilding	Internal	Passing Juice
Nutrition	Internal	Passing Juice
Health	Internal	Passing Juice
Psychology	Internal	Passing Juice
Pain Rehab	Internal	Passing Juice
Shop	External	Passing Juice
Apparel	External	Passing Juice
Supplements	Internal	Passing Juice
Templates	Internal	Passing Juice
CHP Podcasts	Internal	Passing Juice
Listen on itunes	External	Passing Juice
Listen on Android	External	Passing Juice
Podcast Shows &#038; Episodes	Internal	Passing Juice
Hybrid Academy	External	Passing Juice
E-Seminars	External	Passing Juice
E-Books	External	Passing Juice
Courses	External	Passing Juice
Webinars	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
=	External	Passing Juice
My Account	Internal	Passing Juice
Contact Us	Internal	Passing Juice

In-page links

19 point 1 Recovery: PT with Taylor Weglicki	Internal	Passing Juice
Visiting the Arnold Classic: A Brief Guide	Internal	Passing Juice
Programming For The Obligate Hybrid Athlete (Combat Sports)	Internal	Passing Juice
The price of a mile	Internal	Passing Juice
Terms of Use	Internal	Passing Juice
Beaver Builder	External	Passing Juice
WP Courseware	External	Passing Juice
Lost your password?	Internal	Passing Juice



SEO Keywords

	Keywords Cloud	team unit basic coaching coaches training nutrition strength research module
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
unit	47	✘	✘	✘	✘
nutrition	10	✘	✘	✘	✔
module	9	✘	✘	✘	✘
basic	7	✘	✘	✘	✘
training	7	✘	✘	✘	✘










Usability

	Url	Domain : completehumanperformance.com Length : 28
	Favicon	Great, your website has a favicon.





Usability

	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Document





	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 2 Warnings : 70
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Mobile

Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <pre>http://completehumanperformance.com/sitemap.xml</pre> <pre>https://completehumanperformance.com/wp-sitemap.xml</pre>
	Robots.txt	<pre>http://completehumanperformance.com/robots.txt</pre> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Great, your website has an analytics tool.</p> <pre> Google Analytics</pre>