



# Seo Analyzer growingupstream.com

Generated on March 07 2022 20:04 PM





The score is 57/100







## SEO Content

	Title	<p>Growing Upstream &amp;#8211; Growing Toward the Beginning</p> <p><b>Length : 53</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p><b>Length : 0</b></p> <p>Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> 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 <a href="#">this free og properties generator</a> to create them.</p>												
	Headings	<table border="1"> <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>0</td> <td>15</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• [H2] Day 25: Fear of Confidence</li> <li>• [H2] Day 24: Body Work</li> <li>• [H2] Day 23: Take Care</li> <li>• [H2] Day 22: Thankful Intent</li> <li>• [H2] Day 21: I Got Nothing</li> <li>• [H2] Day 20: Follow the Energy</li> <li>• [H2] Day 19: Gift of Yourself</li> <li>• [H2] Day 18: Truth Heals</li> <li>• [H2] Day 17: Growing Upstream</li> <li>• [H2] Day 16: Vulnerable</li> <li>• [H2] Subscribe</li> <li>• [H2] Archives</li> <li>• [H2]</li> <li>• [H2]</li> <li>• [H2]</li> </ul>	H1	H2	H3	H4	H5	H6	0	15	0	0	0	0
H1	H2	H3	H4	H5	H6									
0	15	0	0	0	0									
	Images	<p>We found 11 images on this web page.</p>												

## SEO Content

		10 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>8%</b>  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	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 33 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

## In-page links

Anchor	Type	Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">DocuJourney</a>	Internal	Passing Juice
<a href="#">Aligning Work</a>	Internal	Passing Juice
<a href="#">Creating</a>	Internal	Passing Juice
<a href="#">Life &amp;#038; Times</a>	Internal	Passing Juice
<a href="#">Being Well</a>	Internal	Passing Juice

## In-page links

<a href="#">Morning Mine</a>	Internal	Passing Juice
<a href="#">About Growing Upstream</a>	Internal	Passing Juice
<a href="#">Upstreamist Resources</a>	Internal	Passing Juice
<a href="#">Energetic SELF</a>	Internal	Passing Juice
<a href="#">Whole SELF</a>	Internal	Passing Juice
<a href="#">Healthy SELF</a>	Internal	Passing Juice
<a href="#">Creative SELF</a>	Internal	Passing Juice
<a href="#">Business SELF</a>	Internal	Passing Juice
<a href="#">All</a>	Internal	Passing Juice
<a href="#">Day 25: Fear of Confidence</a>	Internal	Passing Juice
<a href="#">Day 24: Body Work</a>	Internal	Passing Juice
<a href="#">Day 23: Take Care</a>	Internal	Passing Juice
<a href="#">Day 22: Thankful Intent</a>	Internal	Passing Juice
<a href="#">Day 21: I Got Nothing</a>	Internal	Passing Juice
<a href="#">Day 20: Follow the Energy</a>	Internal	Passing Juice
<a href="#">Day 19: Gift of Yourself</a>	Internal	Passing Juice
<a href="#">Day 18: Truth Heals</a>	Internal	Passing Juice
<a href="#">Day 17: Growing Upstream</a>	Internal	Passing Juice
<a href="#">Day 16: Vulnerable</a>	Internal	Passing Juice
<a href="#">Load More Entries</a>	Internal	Passing Juice
<a href="#">March 2022</a>	Internal	Passing Juice
<a href="#">February 2022</a>	Internal	Passing Juice
<a href="#">September 2019</a>	Internal	Passing Juice
<a href="#">February 2019</a>	Internal	Passing Juice
<a href="#">July 2018</a>	Internal	Passing Juice
<a href="#">June 2018</a>	Internal	Passing Juice
<a href="#">August 2015</a>	Internal	Passing Juice

## SEO Keywords



Keywords Cloud

growing march **day** docujourney **read** all  
**more** being self nylle

## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
more	21	✘	✘	✘	✘
read	20	✘	✘	✘	✘
day	13	✘	✘	✘	✔
being	11	✘	✘	✘	✘
docujourney	10	✘	✘	✘	✘










## Usability

	Url	Domain : growingupstream.com Length : 19
	Favicon	Great, your website has a favicon.
	Printability	Great. We have found 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.




## Document

	W3C Validity	Errors : 0 Warnings : 42
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Perfect. No inline css has been found in HTML tags!</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

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

	XML Sitemap	Great, your website has an XML sitemap. <a href="http://growingupstream.com/sitemap.xml">http://growingupstream.com/sitemap.xml</a>
	Robots.txt	<a href="http://growingupstream.com/robots.txt">http://growingupstream.com/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.