

The score is 43/100



SEO Content

	Title	The Buttons of my Mind					
		Length : 22					
		Perfect, your title contains between 10 and 70 characters.					
	Description	Length : 0					
		Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.					
	Keywords						
		Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.					
	Og Meta Properties						
		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.					
	Headings	H1 0	H2 10	H3 9	H4 2	H5 0	H6 0
		• [H2] New Blog • [H2] Tour of Wales • [H2] All Dandy • [H2] Galleries Broken • [H2] Once In A Blue Moon • [H2] Wot no training? • [H2] 14th Feb 2009 • [H2] 1st Feb 2009 • [H2] 24th Jan 2009 • [H2] 18th Jan 2009 • [H3] Categories • [H3] Blogroll • [H3] Archives • [H3] Random Image • [H3] Latest Images • [H3] Latest Photos • [H3] Latest Astro • [H3] Latest Movies					

SEO Content

		• [H3] Calendar • [H4] Categories • [H4] You can find frequent updates to the Land's End to John O'Groats challenge on the Blog:LEJOG pages.
	Images	We found 20 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : 18% Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	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 100 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 100% Internal Links 0%

In-page links

Anchor	Type	Juice
Home	External	Passing Juice
About	External	Passing Juice
Archives	External	Passing Juice

In-page links

Photos	External	Passing Juice
Astroimages	External	Passing Juice
Movies	External	Passing Juice
Blog: My Life	External	Passing Juice
Blog: LEJOG	External	Passing Juice
Blog: Gaming	External	Passing Juice
Buttons	External	Passing Juice
Site News	External	Passing Juice
Blog: My Life	External	Passing Juice
Blog: LEJOG	External	Passing Juice
Blog: Gaming	External	Passing Juice
Buttons	External	Passing Juice
Site News	External	Passing Juice
Chowny	External	Passing Juice
Red's Ramblings	External	Passing Juice
NZ to UK	External	Passing Juice
Life Pending	External	Passing Juice
dabe.co.uk	External	Passing Juice
zedzilla.com	External	Passing Juice
Nextgenconsoles	External	Passing Juice
OX10	External	Passing Juice
Willow Wu	External	Passing Juice
Foos Gaming	External	Passing Juice
Strawberry Fields	External	Passing Juice
November 2010	External	Passing Juice
May 2010	External	Passing Juice
February 2010	External	Passing Juice
January 2010	External	Passing Juice

In-page links

March 2009	External	Passing Juice
February 2009	External	Passing Juice
January 2009	External	Passing Juice
December 2008	External	Passing Juice
November 2008	External	Passing Juice
October 2008	External	Passing Juice
September 2008	External	Passing Juice
July 2008	External	Passing Juice
June 2008	External	Passing Juice
April 2008	External	Passing Juice
March 2008	External	Passing Juice
February 2008	External	Passing Juice
January 2008	External	Passing Juice
December 2007	External	Passing Juice
November 2007	External	Passing Juice
September 2007	External	Passing Juice
August 2007	External	Passing Juice
July 2007	External	Passing Juice
June 2007	External	Passing Juice
May 2007	External	Passing Juice
April 2007	External	Passing Juice
March 2007	External	Passing Juice
February 2007	External	Passing Juice
January 2007	External	Passing Juice
December 2006	External	Passing Juice
November 2006	External	Passing Juice
October 2006	External	Passing Juice
September 2006	External	Passing Juice

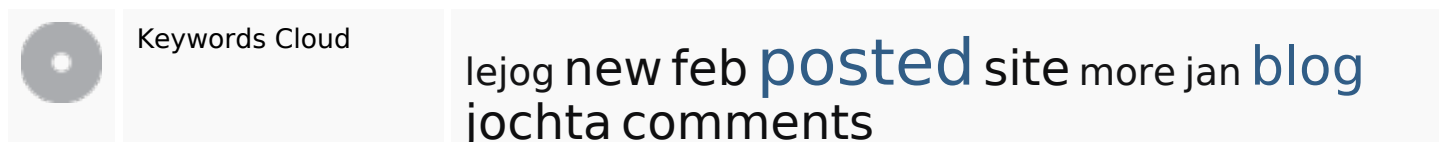
In-page links

August 2006	External	Passing Juice
July 2006	External	Passing Juice
June 2006	External	Passing Juice
May 2006	External	Passing Juice
April 2006	External	Passing Juice
Stacks of Duncansby	External	Passing Juice
Road to Wick	External	Passing Juice
Caithness	External	Passing Juice
Duncansby Head	External	Passing Juice
We did it!	External	Passing Juice
&lt;&lt;	External	Passing Juice
&gt;&gt;	External	Passing Juice
New Blog	External	Passing Juice
366 comments	External	Passing Juice
http://www.buttonsofmymind.co.uk/	External	Passing Juice
Tour of Wales	External	Passing Juice
166 comments	External	Passing Juice
http://twitter.com/jochta/	External	Passing Juice
All Dandy	External	Passing Juice
33 comments	External	Passing Juice
Galleries Broken	External	Passing Juice
5 comments	External	Passing Juice
Once In A Blue Moon	External	Passing Juice
45 comments	External	Passing Juice
Twitter	External	Passing Juice
image	External	Passing Juice
Wot no training?	External	Passing Juice
136 comments	External	Passing Juice

In-page links

http://www.jochta.com/lejog/	External	Passing Juice
14th Feb 2009	External	Passing Juice
19 comments	External	Passing Juice
1st Feb 2009	External	Passing Juice
18 comments	External	Passing Juice
24th Jan 2009	External	Passing Juice
10 comments	External	Passing Juice
18th Jan 2009	External	Passing Juice
75 comments	External	Passing Juice
2	External	Passing Juice
3	External	Passing Juice
Last &raquo;	External	Passing Juice
ExpressionEngine	External	Passing Juice

SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
posted	21	×	×	×	×
blog	13	×	×	×	✓
comments	10	×	×	×	×
new	10	×	×	×	✓
feb	10	×	×	×	✓

Usability

	Url	Domain : jochta.org.uk Length : 13
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	XHTML 1.0 Strict
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 34 Warnings : 11
	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	 Attention! Try to avoid nested tables in HTML.  Too bad, your website is using inline styles.  Great, your website has few CSS files.  Perfect, your website has few JavaScript files.  Too bad, your website does not take advantage of gzip.

Mobile

	Mobile Optimization	 Apple Icon  Meta Viewport Tag  Flash content
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Optimization

	XML Sitemap	Missing Your website does not have an XML sitemap - this can be problematic. A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.
	Robots.txt	http://jochta.org.uk/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics