



# Seo Analyzer jordandugger.com

Generated on January 30 2022 01:23 AM

The score is 40/100







## SEO Content

	Title	<p><b>Length : 0</b></p> <p>Very bad. We haven't found title on your page.</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>2</td> <td>3</td> <td>2</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• [H2] Are You Ready To Get Lean... And Stay Lean Throughout The Year?</li> <li>• [H2] get up &amp; get in</li> <li>• [H3] Credentials</li> <li>• [H3] Passion</li> <li>• [H3] Coaching</li> <li>• [H4] Our Mission</li> <li>• [H4] Follow</li> </ul>	H1	H2	H3	H4	H5	H6	0	2	3	2	0	0
H1	H2	H3	H4	H5	H6									
0	2	3	2	0	0									
	Images	<p>We found 2 images on this web page.</p> <p>1 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	<p>Ratio : <b>4%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>												

## SEO Content

	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	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 10 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 40% Internal Links 60%

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Home</a>	Internal	Passing Juice
<a href="#">Coaching</a>	External	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">Mentorship</a>	External	Passing Juice
<a href="#">Podcasts</a>	Internal	Passing Juice
<a href="#">Apparel</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Transform 2Gether</a>	External	Passing Juice

## In-page links

[Rich By Design](#)

External

Passing Juice

## SEO Keywords



Keywords Cloud

along business client blog mission podcasts  
fitness lifestyle home **coaching**












## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
coaching	9	✘	✘	✘	✔
mission	4	✘	✘	✘	✔
fitness	4	✘	✘	✘	✘
client	4	✘	✘	✘	✘
along	3	✘	✘	✘	✘

## Usability

	Url	Domain : jordandugger.com Length : 16
	Favicon	Great, your website has a favicon.
	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 : 5 Warnings : 65
	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> Too bad, your website is using inline styles.</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://jordandugger.com/sitemap.xml">http://jordandugger.com/sitemap.xml</a>
	Robots.txt	<a href="http://jordandugger.com/robots.txt">http://jordandugger.com/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Missing

## Optimization



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.