



# Seo Analyzer reformwithrachel.com

Generated on February 04 2022 03:04 AM

The score is 54/100







## SEO Content

	Title	Reform with Rachel &#8211; Nutrition and fitness <b>Length : 48</b> Perfect, your title contains between 10 and 70 characters.												
	Description	<b>Length : 0</b> Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.												
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> 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 <a href="#">this free og properties generator</a> to create them.												
	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>2</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>[H1] Reform with Rachel</li> <li>[H1] ABOUT</li> <li>[H2] Nutrition and fitness</li> </ul>	H1	H2	H3	H4	H5	H6	2	1	0	0	0	0
H1	H2	H3	H4	H5	H6									
2	1	0	0	0	0									
	Images	We found 10 images on this web page. 2 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>4%</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.												

## SEO Content

	Iframe	Great, there are no Iframes detected on this page.
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## 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 9 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 22.22% Internal Links 77.78%

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Reform with Rachel</a>	Internal	Passing Juice
<a href="#">BLOG</a>	Internal	Passing Juice
<a href="#">SERVICES</a>	Internal	Passing Juice
<a href="#">TESTIMONIALS</a>	Internal	Passing Juice
<a href="#">CONTACT US</a>	Internal	Passing Juice
<a href="#">Policy effective january 15th, 2018</a>	Internal	Passing Juice
<a href="#">Proudly powered by WordPress</a>	External	Passing Juice
<a href="#">WordPress.com</a>	External	Passing Juice

## SEO Keywords



Keywords Cloud

success great **reform** news **certified**  
**fitness rachel nutrition** feel clients

### Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
nutrition	4	✓	✗	✗	✓
fitness	4	✓	✗	✗	✓
rachel	4	✓	✗	✗	✓
reform	3	✓	✗	✗	✓
certified	3	✗	✗	✗	✗










### Usability

	Url	Domain : reformwithrachel.com Length : 20
	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.




## Document

	W3C Validity	Errors : 1 Warnings : 15
	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> Great, your website has few CSS files.</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://reformwithrachel.com/sitemap.xml">http://reformwithrachel.com/sitemap.xml</a>
	Robots.txt	<a href="http://reformwithrachel.com/robots.txt">http://reformwithrachel.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.

# Optimization