






Seo Analyzer tacticmethod.com

Generated on March 12 2022 08:43 AM






The score is 58/100





SEO Content

	<p>Title</p>	<p>Tactic Functional Nutrition - Redefining Nutrition & Lifestyle</p> <p>Length : 66</p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	<p>Description</p>	<p>Tactic - An action or strategy carefully planned to achieve a specific end. We work closely with you to implement tactic you employ in your life to succeed.</p> <p>Length : 156</p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>														
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 1937"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Tactic Functional Nutrition - Redefining Nutrition & Lifestyle</td> </tr> <tr> <td>description</td> <td>Tactic - An action or strategy carefully planned to achieve a specific end. We work closely with you to implement tactic you employ in your life to succeed.</td> </tr> <tr> <td>url</td> <td>https://tacticmethod.com/</td> </tr> <tr> <td>site_name</td> <td>Tactic</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Tactic Functional Nutrition - Redefining Nutrition & Lifestyle	description	Tactic - An action or strategy carefully planned to achieve a specific end. We work closely with you to implement tactic you employ in your life to succeed.	url	https://tacticmethod.com/	site_name	Tactic
Property	Content															
locale	en_US															
type	website															
title	Tactic Functional Nutrition - Redefining Nutrition & Lifestyle															
description	Tactic - An action or strategy carefully planned to achieve a specific end. We work closely with you to implement tactic you employ in your life to succeed.															
url	https://tacticmethod.com/															
site_name	Tactic															



SEO Content

	Headings	H1 0	H2 11	H3 0	H4 1	H5 0	H6 0
		<ul style="list-style-type: none"> • [H2] Look Your Best. Feel Your Best. Perform Your Best. • [H2] Sustainable Habits for Lifelong Change • [H2] A full nutritional spectrum • [H2] Programs for All • [H2] \$225/mo • [H2] \$150 • [H2] \$1,150 • [H2] Success breeds success • [H2] Get in Touch • [H2] info@tacticmethod.com • [H2] Client Login • [H4] I came to Meredith with a lot of insecurities about what I wanted in my nutrition. I had lost a significant amount of weight in the past but was unsure if I should try to keep losing, maintain or try to build muscle. Meredith helped me figure out what my goals were and then helped me realise what the right course was based on those goals. After deciding on what to do. All I had to do was trust that Meredith knew what she was doing and everything fell into place. Not only was I doing better in the gym but I started seeing the body composition that I wanted in the beginning. I started sleeping better and felt like I was able to get a better grip on my everyday routine overall. I can honestly say that spending my time with Meredith was worth every penny. — Jerrod Cate 					
	Images	<p>We found 8 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>					
	Text/HTML Ratio	<p>Ratio : 8%</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>					
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>					
	Iframe	<p>Great, there are no Iframes detected on this page.</p>					

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.


SEO Links

	In-page links	We found a total of 11 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 18.18%</p> <p>Internal Links 81.82%</p>

In-page links

Anchor	Type	Juice
About	Internal	Passing Juice
Services	Internal	Passing Juice
How It Works	Internal	Passing Juice
Store	Internal	Passing Juice
Blog	Internal	Passing Juice
Podcast	Internal	Passing Juice
Contact	Internal	Passing Juice
Client Login	External	Passing Juice
Sparrow Studios	External	Passing Juice
Privacy Policy	Internal	Passing Juice
Not readable? Change text.	Internal	Passing Juice

SEO Keywords

	Keywords Cloud	<p>success better nutrition tactic plan feel programs lifestyle meredith coaching</p>
--	----------------	---






Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
---------	---------	-------	----------	-------------	----------




Keywords Consistency

nutrition	8	✓	✗	✗	✓
feel	5	✗	✗	✗	✓
lifestyle	5	✓	✗	✗	✗
better	5	✗	✗	✗	✓
tactic	5	✓	✗	✓	✓

Usability

	Url	Domain : tacticmethod.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 : 0 Warnings : 0
	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.





Document

	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
--	---------------------	--

Optimization

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