



Seo Analyzer whipyourassintoshape.com

Generated on February 03 2022 08:18 AM

The score is 57/100







SEO Content

	Title	<p>35 to 365 Thrive Challenge &#8211; Discover how to feel and look amazing!</p> <p>Length : 73</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p>												
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator 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 this free og properties generator to create them.</p>												
	Headings	<table border="1" data-bbox="539 1444 1476 1512"> <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>1</td> <td>6</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="614 1545 1332 1780" style="list-style-type: none"> • [H1] 35 to 365 Thrive Challenge • [H2] Welcome to the Thrive Challenge! • [H2] Why a plant based diet? Compelling reasons... • [H2] Recent Posts • [H2] Recent Comments • [H2] Archives • [H2] Categories 	H1	H2	H3	H4	H5	H6	1	6	0	0	0	0
H1	H2	H3	H4	H5	H6									
1	6	0	0	0	0									
	Images	<p>We found 2 images on this web page.</p> <p>Good, most or all of your images have alt attributes.</p>												
	Text/HTML Ratio	<p>Ratio : 7%</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	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 29 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 24.14% Internal Links 75.86%

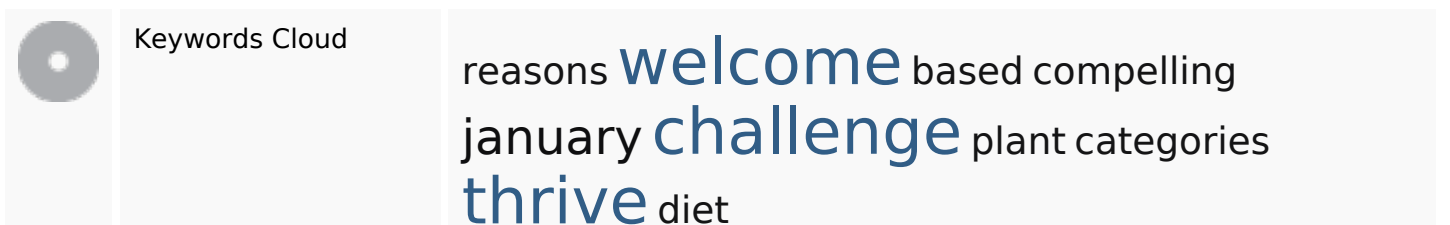
In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
35 to 365 Thrive Challenge	Internal	Passing Juice
Sign Up	Internal	Passing Juice
Testimonials	Internal	Passing Juice
Meal Plans	Internal	Passing Juice
Recipes	Internal	Passing Juice
Workouts	Internal	Passing Juice
Knowledge is Power	Internal	Passing Juice
About Diane	Internal	Passing Juice
Contact	Internal	Passing Juice

In-page links

Welcome to the Thrive Challenge!	Internal	Passing Juice
Read more!	Internal	Passing Juice
Diane	Internal	Passing Juice
Overview	Internal	Passing Juice
Why a plant based diet? Compelling reasons&#8230:	Internal	Passing Juice
http://nutritionfacts.org/topics/plant-based-diets/	External	Passing Juice
Uncategorized	Internal	Passing Juice
□□□□□□	External	Passing Juice
Welcome to the Thrive Challenge!	Internal	Passing Juice
buy focalin online	External	Passing Juice
Welcome to the Thrive Challenge!	Internal	Passing Juice
Rashad Tressler	External	Passing Juice
Welcome to the Thrive Challenge!	Internal	Passing Juice
Rebecca	External	Passing Juice
Welcome to the Thrive Challenge!	Internal	Passing Juice
Lyen Parker	External	Passing Juice
Welcome to the Thrive Challenge!	Internal	Passing Juice
January 2017	Internal	Passing Juice
Proudly powered by WordPress	External	Passing Juice

SEO Keywords








Keywords Consistency

Keyword	Content	Title	Keywords	Descripti	Headings
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Keywords Consistency

				on	
thrive	10	✓	✗	✗	✓
challenge	10	✓	✗	✗	✓
welcome	8	✗	✗	✗	✓
january	5	✗	✗	✗	✗
categories	3	✗	✗	✗	✓

Usability

	Url	Domain : whipyourassintoshape.com Length : 24
	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 : 8
	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.




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.
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Mobile

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

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>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.</p>
	Robots.txt	<p>http://whipyourassintoshape.com/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>