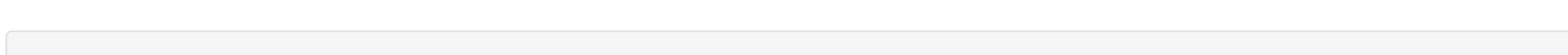


# SEO Score

# 9%



## URL Analysis 1/6

- URL is SEO friendly Pass
- Keyword not found in URL Fail
- URL does not contain underscores Pass
- robots.txt file found Pass
- Favicon found Pass
- Preferred domain set Pass

## Page Speed 1/1

- This page should load quicker. Fail

## Title Analysis 1/2

- Mind Your Fitness! – Sports Performance and Wellness Clinic
- Title is too long. Consider making it max. 60 characters long. Fail
  - Title tag should begin with exact keyword Fail

## Description Analysis 1/2

- Description is too short. Consider adding more characters. Fail
- Description tag should contain the exact keyword Fail

## Image Analysis 1/4

- Not all images have alt tags Fail
- Exact keyword should be used in an alt tag Fail
- Add exact keyword to an image file name Fail
- Do not use underscore in image file names. Fail

## Headings (H1-H6) 1/1

- H1**
1. Eat Healthy  
Live Healthy

- H2**
1. It's Time To Begin Your Healthiest Journey With Us.
  2. Monthly
  3. Quarterly
  4. Sports Package
  5. Online Personal Training
  6. Shwetha Bhatia

- H3**
1. Over 10 years of experience.
  2. Goal Oriented Health & Fitness Plans

- Found heading tags H1, H2 and H3 Pass
- Exact keyword NOT found heading tags H1, H2 or H3 Fail
- No duplicate heading tags found Pass

## Top Words 5/5

- weight **17**
- with **15**
- Mind **15**
- have **15**
- Fitness **15**

## Mobile Analysis 1/2

- We found viewport metatag Pass
- We found Apple icon Pass

## Text Analysis 1/2

- You have 500+ words on this page Pass
- Keyword should have 3 occurrences Fail
- Exact keyword was neither bolded, italicized, or underlined Fail
- Exact keyword was not found within first 100 words Fail
- Exact keyword not found in anchor text Fail

## Social Buttons 1/1

- Add Tweet button Fail
- Add Facebook share/like button Fail
- Blog link found Pass

## Code Analysis 1/6

- Code is not W3C valid. Fail
- No flash elements found. Pass
- Remove inline css. Fail
- Text to html ratio is less than 2:1 Fail
- Schema.org markup found. Pass
- Link to sitemap.xml was not found Fail

## Suggestions for a better SEO Score

- Optimise speed to load under 2 seconds
- Add keyword to url
- Fix title length
- Start title with keyword
- Fix description length
- Add keyword in description
- Add alt tags to images
- Add keyword to image alt tag
- Add exact keyword to an image file name
- Remove underscores from image file names
- You need to add exact keyword in H1, H2 or H3 tags
- Use keyword exactly 3 times
- Use bold, italic or underline for keyword
- Add exact keyword in the first 100 words
- Add keyword in anchor text
- Fix w3c validation errors
- Remove inline CSS
- Add more text to achieve a text to html ratio of at least 2:1
- Add link to sitemap.xml
- Add Tweet button
- Add Facebook share/like button