





Website review kyledembowski.com

Generated on September 22 2024 04:33 AM






The score is 53/100







SEO Content

	Title	Home Page Length : 9 Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.															
	Description	Kyle Dembowski in Maple Ridge, BC, Canada provides a range of fitness coaching services, fitness programs, personal development podcasts and apparel to help you reach your fitness goals. Shop the store and find the perfect fit for you! Length : 235 Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.															
	Keywords	keyword Good, your page contains meta keywords.															
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><tr><th>Property</th><th>Content</th></tr><tr><td>title</td><td>Home Page</td></tr><tr><td>type</td><td>website</td></tr><tr><td>url</td><td>https://kyledembowski.com/</td></tr><tr><td>description</td><td>Kyle Dembowski in Maple Ridge, BC, Canada provides a range of fitness coaching services, fitness programs, personal development podcasts and apparel to help you reach your fitness goals. Shop the store and find the perfect fit for you!</td></tr></table>						Property	Content	title	Home Page	type	website	url	https://kyledembowski.com/	description	Kyle Dembowski in Maple Ridge, BC, Canada provides a range of fitness coaching services, fitness programs, personal development podcasts and apparel to help you reach your fitness goals. Shop the store and find the perfect fit for you!
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	Headings	H1 1	H2 1	H3 0	H4 0	H5 0	H6 0										

SEO Content

		<ul style="list-style-type: none">• [H1] KYLE DEMBOWSKI• [H2] THE ESSENTIALS
	Images	We found 8 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : 4% 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.
	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 5 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
PROTOCOL 100	Internal	Passing Juice
DNA COACHING	Internal	Passing Juice
F. NO PODCAST	Internal	Passing Juice
CONNECT	Internal	Passing Juice

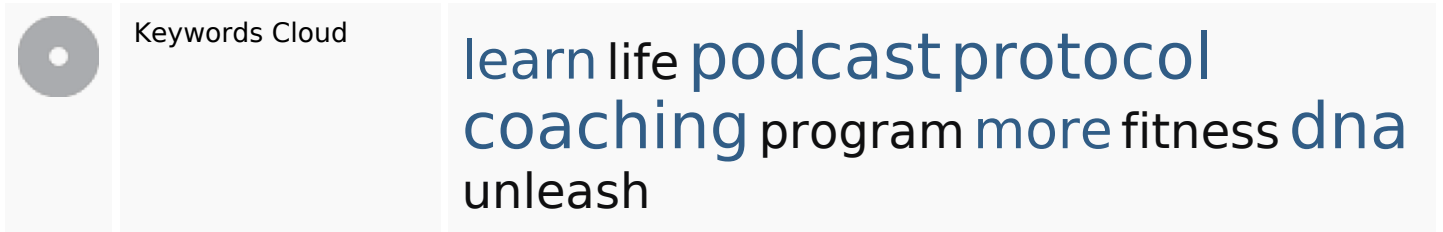
In-page links

[MY STORY](#)

Internal

Passing Juice

SEO Keywords














Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
protocol	4	✖	✖	✖	✖
dna	4	✖	✖	✖	✖
coaching	4	✖	✖	✔	✖
podcast	4	✖	✖	✔	✖
learn	3	✖	✖	✖	✖





Usability

	Url	Domain : kyledembowski.com Length : 17
	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	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	<div><div> Excellent, your website doesn't use nested tables.</div><div> Too bad, your website is using inline styles.</div><div> Great, your website has few CSS files.</div><div> Too bad, your website has too many JS files (more than 6).</div><div> Perfect, your website takes advantage of gzip.</div></div>

Mobile

	Mobile Optimization	<div><div> Apple Icon</div><div> Meta Viewport Tag</div><div> Flash content</div></div>
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. <div>https://kyledembowski.com/sitemap</div>
	Robots.txt	http://kyledembowski.com/robots.txt 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.