

#### **SEO Content**

	Title	Rebecca BroxFit Fitness App						
		Length : 2	27					
		Perfect, yo	ur title con	tains betwe	en 10 and 7	0 charact	ers.	
	Description	Rebecca BroxFit's fitness app will help you fall in love with fitness through following full-body at-home workouts & amp; learning to live a healthy lifestyle.						
		Length : 1	L63					
					ould contain e <u>this free to</u>		70 and 160 ulate text lengt	:h.
$\bigotimes$	Keywords	-			a keywords o eate keywor		age. Use <u>this fre</u>	<u>ee</u>
8	Og Meta Properties	social craw	ler's bette		e your page.		his tags allows i <u>ree og</u>	
	Headings	<b>H1</b> 1	<b>H2</b> 18	<b>H3</b> 6	<b>H4</b> 1	<b>H5</b> 0	<b>H6</b> 0	
		<ul> <li>[H2</li> <li>[H2</li></ul>	<ul> <li>Programs</li> <li>Programs</li> <li>Nutrition</li> <li>Coaching</li> <li>Coaching</li> <li>Bonus fe</li> <li>Bonus fe</li> <li>Weekly W</li> <li>6 Week W</li> <li>4 Week B</li> <li>1 Rebecca</li> <li>Come joi</li> </ul>	ng the Reba s designed guides guides g& commun atures to he Vorkouts At Home Fit Glute Series Beginner Se proxfit Nutr n the Rebea cca, and th	nity elp you succo ness ries	eed uad		

#### **SEO Content**

		<ul> <li>[H2] Connect with me on social</li> <li>[H2] Subscribe to my newsletter for exclusive offers &amp; workout tips</li> <li>[H2] Shop My Products</li> <li>[H2] Frequently Asked Questions</li> <li>[H3] Stay motivated</li> <li>[H3] Easy-to-follow videos</li> <li>[H3] Community</li> <li>[H3] Nutrition made simple</li> <li>[H3] Workout programs</li> <li>[H3] Talk to me</li> <li>[H4] Thank you for signing up!</li> </ul>
8	Images	We found 27 images on this web page. 1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
$\bigotimes$	Text/HTML Ratio	Ratio : <b>2%</b> This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
$\bigcirc$	Flash	Perfect, no Flash content has been detected on this page.
8	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

#### **SEO Links**

0	URL Rewrite	Good. Your links looks friendly!
0	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 3 links including 0 link(s) to files
0	Statistics	External Links : noFollow 0% External Links : Passing Juice 100% Internal Links 0%

# In-page links

Anchor	Туре	Juice
Му Арр	External	Passing Juice
Read more	External	Passing Juice
Instagram	External	Passing Juice

## SEO Keywords

$\bigcirc$	Keywords Cloud	fitness free get days rebecca try
		workouts programs week app

## **Keywords Consistency**

Keyword	Content	Title	Keywords	Descripti on	Headings
free	16	×	×	×	×
days	16	×	×	×	×
try	15	×	×	×	×
workouts	14	×	×	×	×
fitness	11	¥	×	¥	¥

## Usability

0	Url	Domain : rebeccabroxfit.app Length : 18
0	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
0	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

## Usability

#### Document

0	Doctype	HTML 5		
0	Encoding	Perfect. Your declared charset is UTF-8.		
8	W3C Validity	Errors : 0 Warnings : 0		
0	Email Privacy	Great no email address has been found in plain text!		
0	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.		
0	Speed Tips	<ul> <li>Excellent, your website doesn't use nested tables.</li> <li>Too bad, your website is using inline styles.</li> <li>Great, your website has few CSS files.</li> <li>Perfect, your website has few JavaScript files.</li> <li>Perfect, your website takes advantage of gzip.</li> </ul>		

#### Mobile

$\mathbf{O}$	Mobile Optimization	×	Apple Icon
		*	Meta Viewport Tag
		*	Flash content

# Optimization



# Optimization

		Your website does not have an XML sitemap - this can be problematic. 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.
$\bigcirc$	Robots.txt	http://rebeccabroxfit.app/robots.txt Great, your website has a robots.txt file.
0	Analytics	Great, your website has an analytics tool.