








Website review theamarawoman.com

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The score is 54/100







SEO Content

	Title	<p>THE AMARA WOMAN - HOME</p> <p>Length : 22</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>The Amara Woman Apparel</p> <p>Length : 23</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>												
	Keywords	<p>amara woman, fitness, apparel, workout clothes, dr yvette, fitlife, exercise, nike, under amour, adidias, training, weight loss, sports, diet, eat healthy</p> <p>Good, your page contains meta keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1346 1481 1845"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>site_name</td> <td>THE AMARA WOMAN</td> </tr> <tr> <td>title</td> <td>THE AMARA WOMAN</td> </tr> <tr> <td>description</td> <td>The Amara Woman Apparel</td> </tr> <tr> <td>image</td> <td>http://www.theamarawoman.com/uploads/4/5/1/5/45151901/published/amara-woman-logo-full-color-rgb-610px-72ppi.png?1620341513</td> </tr> <tr> <td>url</td> <td>http://www.theamarawoman.com/</td> </tr> </tbody> </table>	Property	Content	site_name	THE AMARA WOMAN	title	THE AMARA WOMAN	description	The Amara Woman Apparel	image	http://www.theamarawoman.com/uploads/4/5/1/5/45151901/published/amara-woman-logo-full-color-rgb-610px-72ppi.png?1620341513	url	http://www.theamarawoman.com/
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H1	H2	H3	H4	H5	H6									
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SEO Content

		<ul style="list-style-type: none">• [H2] BE WELL.• [H2] GET THE APP.• [H2] TRAIN WITH US.• [H2] CONNECT.
	Images	We found 3 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 7 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
HOME	Internal	Passing Juice
PODCAST	Internal	Passing Juice
BLOG	Internal	Passing Juice

In-page links

JOURNAL	Internal	Passing Juice
SHOP AMARA	Internal	Passing Juice
EVENTS	Internal	Passing Juice
OFFERINGS	Internal	Passing Juice






SEO Keywords

 Keywords Cloud	amara journal home podcast woman party training shop new nutrition
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Keywords Consistency












Keyword	Content	Title	Keywords	Description	Headings
amara	10	✓	✓	✓	✗
woman	7	✓	✓	✓	✗
shop	5	✗	✗	✗	✗
new	5	✗	✗	✗	✓
podcast	4	✗	✗	✗	✗

Usability





 Url	Domain : theamarawoman.com Length : 17
 Favicon	Very bad. We have not found shortcut icon. Icons are one of easy ways to attract regular visitors to your website more often.
 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.

Usability

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	<table border="1"><thead><tr><th>Deprecated tags</th><th>Occurrences</th></tr></thead><tbody><tr><td></td><td>11</td></tr></tbody></table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because they are now obsolete.</p>	Deprecated tags	Occurrences		11
Deprecated tags	Occurrences					
	11					
	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
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Optimization

	XML Sitemap	Great, your website has an XML sitemap.
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Optimization

		http://www.theamarawoman.com/sitemap.xml
	Robots.txt	http://theamarawoman.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics