Website review
tadthedietcoach.com

Generated on September 12 2024 17:51 PM

The score is 55/100

SEO Content

⚠️	Title	Tad the Diet Coach, Diet Coaching For Bodybuilding, Figure and Bikini Competition Preparation **Length : 93** Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.
⚠️	Description	At Tad The Diet Coach, We offer figure, bikini and bodybuilding competition preparation and diet coaching programs designed for figure competitors, whether it be in figure or bodybuilding competition preparation, or learning posing for NPC figure contests, contest dieting and bodybuilding diets **Length : 295** Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.
✅	Keywords	diet coach, diet coaching, contest preparation, figure competition, figure competitors, figure competition preparation, figure contests posing, contest dieting, bodybuilding diets, bodybuilding competition, fitness, competitor, training, body building, losing weight, regimented programs, diet training, step by step dietary, contest weight, contest dieting, bodybuilders Good, your page contains meta keywords.
❌	Og Meta Properties	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.

⚪	Headings	

H1	H2	H3	H4	H5	H6
2	8	4	0	0	0

- [H1] Login to Your Account
- [H1] Register to Your Account
- [H2] Premium Diet Coaching
- [H2] HYH with Tadayoshi
- [H2] Happy Bubble Blog
- [H2] Find Us on

SEO Content

		[H2] Subscribe to HYH with Tadayoshi [H2] Meet Tad the Diet Coach [H2] See Tad on YouTube [H2] Contact Me [H3] Book a Free Discovery call with me just click here and book a call with me on my calendar! Let me help you with my Transformation Program! This program isn't for everyone, we change from the inside out! Let me help you transform! Book a call with me and let's figure out if I can help you. [H3] [H3] [H3] Signup as a new user
❌	Images	We found 20 images on this web page. 16 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
✅	Text/HTML Ratio	Ratio : **22%** Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.
✅	Flash	Perfect, no Flash content has been detected on this page.
❌	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Links

✅	URL Rewrite	Good. Your links looks friendly!
❌	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
✅	In-page links	We found a total of 18 links including 2 link(s) to files
⚪	Statistics	External Links : noFollow 0% External Links : Passing Juice 38.89% Internal Links 61.11%

In-page links

Anchor	Type	Juice
On Demand TadTV	Internal	Passing Juice
Login	External	Passing Juice
Register	Internal	Passing Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
Coaching	Internal	Passing Juice
Store	Internal	Passing Juice
About Tad	Internal	Passing Juice
Contact	Internal	Passing Juice
Facebook	External	Passing Juice
twitter	External	Passing Juice
Tweets by Tadthedietcoach	External	Passing Juice
instagram	External	Passing Juice
subscribe to Tad the Diet Coach on YouTube	External	Passing Juice
subscribe on YouTube	External	Passing Juice
Online Payments	Internal	Passing Juice
tadthedietcoach.com	Internal	Passing Juice
Lost your Password?	Internal	Passing Juice

SEO Keywords

Keywords Cloud	bikini professional bodybuilding coach call coaching figure diet book tad

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings

Keywords Consistency

tad	12	✔	✖	✔	✔
diet	12	✔	✔	✔	✔
coach	8	✔	✔	✔	✔
professional	5	✖	✖	✖	✖
bodybuilding	4	✔	✔	✔	✖

Usability

⦿	Url	Domain : tadthedietcoach.com Length : 19
✔	Favicon	Great, your website has a favicon.
✖	Printability	We could not find a Print-Friendly CSS.
✖	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
✖	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	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
✔	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.

Document

	Speed Tips	
		✔ Excellent, your website doesn't use nested tables.
		✖ Too bad, your website is using inline styles.
		✔ Great, your website has few CSS files.
		✖ Too bad, your website has too many JS files (more than 6).
		✔ Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	
		✔ Apple Icon
		✔ Meta Viewport Tag
		✔ Flash content

Optimization

	XML Sitemap	Missing
		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.
	Robots.txt	http://tadthedietcoach.com/robots.txt
		Great, your website has a robots.txt file.
	Analytics	Missing
		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.