








# Website review therunningbuddy.com

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The score is 56/100







## SEO Content

	<p>Title</p>	<p>Running Buddy - Magnetic Belt-free Pouches &amp; Phone Running Cases</p> <p><b>Length : 68</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	<p>Description</p>	<p>The Running Buddy line of products are revolutionary new magnetic belt-free running pouches and other fitness and travel accessories.</p> <p><b>Length : 133</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1317 1481 1877"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>site_name</td> <td>Running Buddy</td> </tr> <tr> <td>url</td> <td>https://www.therunningbuddy.com/</td> </tr> <tr> <td>title</td> <td>Running Buddy - Magnetic Belt-free Pouches &amp; Phone Running Cases</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>description</td> <td>The Running Buddy line of products are revolutionary new magnetic belt-free running pouches and other fitness and travel accessories.</td> </tr> </tbody> </table>	Property	Content	site_name	Running Buddy	url	https://www.therunningbuddy.com/	title	Running Buddy - Magnetic Belt-free Pouches & Phone Running Cases	type	website	description	The Running Buddy line of products are revolutionary new magnetic belt-free running pouches and other fitness and travel accessories.
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site_name	Running Buddy													
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	<p>Headings</p>	<table border="1" data-bbox="539 1910 1481 1977"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>3</td> <td>4</td> <td>6</td> <td>7</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 2011 922 2078" style="list-style-type: none"> <li>• [H1] Running Buddy</li> <li>• [H2] all products</li> </ul>	H1	H2	H3	H4	H5	H6	1	3	4	6	7	0
H1	H2	H3	H4	H5	H6									
1	3	4	6	7	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Revolutionary Magnetic Technology</li><li>• [H2] TESTIMONIALS</li><li>• [H3]</li><li>• [H3]</li><li>• [H3]</li><li>• [H3]</li><li>• [H4] Running Buddy Unisex Magnetic Buddy Pouch   Belless, Chafe &amp; Bounce Free   Water-Resistant &amp; Magnetic Closure   2 Sizes - Mini &amp; Mini Plus   Running, Walking, Traveling   Men &amp; Women - Black or Blue</li><li>• [H4] Running Buddy Unisex Running Fanny Pack - Men &amp; Women   Running, Walking, Traveling Waist Pack   Belless, Chafe &amp; Bounce Free   Water-Resistant &amp; Magnetic Closure   L, XL, XXL   Black or Black &amp; Pink</li><li>• [H4] Running Buddy Unisex Running Fanny Pack - Men &amp; Women   Running, Walking, Traveling Waist Pack   Belless, Chafe &amp; Bounce Free   Water-Resistant &amp; Magnetic Closure   L, XL, XXL   Black or Black &amp; Pink</li><li>• [H4] Running Buddy Unisex Running Fanny Pack - Men &amp; Women   Running, Walking, Traveling Waist Pack   Belless, Chafe &amp; Bounce Free   Water-Resistant &amp; Magnetic Closure   L, XL, XXL   Black or Black &amp; Pink</li><li>• [H4] Running Buddy XXL Running Fanny Pack for Men &amp; Women - Black   Running Waist Pack for Running, Hiking, Cycling   Phone, Money &amp; Key Holder - No Bounce, Chafe, Slip   Water Resistant &amp; Sweat Proof</li><li>• [H4] Running Buddy XL Running Fanny Pack for Men &amp; Women - Black   Running Waist Pack for Running, Hiking, Cycling   Phone, Money &amp; Key Holder - No Bounce, Chafe, Slip   Water Resistant &amp; Sweat Proof</li><li>• [H5] SHOP</li><li>• [H5] INFORMATION</li><li>• [H5] Partner Sites</li><li>• [H5] Newsletter subscription</li><li>• [H5] Follow us</li><li>• [H5] YOUR CART (0)</li><li>• [H5] MY WISHLIST</li></ul>
	Images	<p>We found 42 images on this web page.</p> <p>32 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : <b>3%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>

## 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 24 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 12.5%</p> <p>Internal Links 87.5%</p>


## In-page links

Anchor	Type	Juice
<a href="#">SHOP</a>	Internal	Passing Juice
<a href="#">all products</a>	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
=	Internal	Passing Juice
<a href="#">SHOP NOW</a>	Internal	Passing Juice
<a href="#">About Us</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">Contact Us</a>	Internal	Passing Juice
<a href="#">Returns</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">Terms of Service</a>	Internal	Passing Juice

## In-page links

<a href="#">Accessibility Statement</a>	Internal	Passing Juice
<a href="#">Customer Service</a>	Internal	Passing Juice
<a href="#">Toy Storage</a>	External	Passing Juice
<a href="#">Stuffed Animal Storage</a>	External	Passing Juice
<a href="#">Lego Wall</a>	External	Passing Juice
<a href="#">Running Buddy</a>	Internal	Passing Juice
<a href="#">View all products</a>	Internal	Passing Juice
<a href="#">VIEW WISHLIST</a>	Internal	Passing Juice
=	Internal	Passing Juice



## SEO Keywords

	Keywords Cloud	samsung phones pouch cart sized pro iphone buddy all dimensions
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
pouch	16	✓	✗	✓	✓
pro	12	✗	✗	✓	✓
buddy	9	✓	✗	✓	✓
phones	9	✗	✗	✗	✗
all	8	✗	✗	✗	✓












## Usability

	Url	Domain : therunningbuddy.com Length : 19
	Favicon	Great, your website has a favicon.





## Usability

	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	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><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> Too bad, your website has too many JS files (more than 6).</li><li> Too bad, your website does not take advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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# Mobile

## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="https://www.therunningbuddy.com/sitemap.xml">https://www.therunningbuddy.com/sitemap.xml</a>
	Robots.txt	<a href="http://therunningbuddy.com/robots.txt">http://therunningbuddy.com/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics