The score is 44/100

SEO Content

✔	Title	The V-Taper Solution **Length : 20** Perfect, your title contains between 10 and 70 characters.
✖	Description	**Length : 0** Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.
✖	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create 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** 0 2 5 3 0 0 • [H2] WHAT IS THE V-TAPER SOLUTION? • [H2] How it Works • [H3] Digital Plus Physical • [H3] Phase 1 • [H3] Phase 2 • [H3] Phase 3 • [H3] Digital Plus Physical • [H4] MetabolicPriming • [H4] MetabolicOptimization • [H4] MetabolicCustomization
✖	Images	We found 17 images on this web page. 9 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 : **12%**

SEO Content

❌		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 11 links including 0 link(s) to files
⚪	Statistics	External Links : noFollow 0% External Links : Passing Juice 9.09% Internal Links 90.91%

In-page links

Anchor	Type	Juice
Home	Internal	Passing Juice
About	Internal	Passing Juice
How it works	Internal	Passing Juice
Get started	External	Passing Juice
FAQ's	Internal	Passing Juice
Contact	Internal	Passing Juice
Affiliates	Internal	Passing Juice
Privacy	Internal	Passing Juice

In-page links

Terms	Internal	Passing Juice
References	Internal	Passing Juice
Legal Disclaimer	Internal	Passing Juice

SEO Keywords

Keywords Cloud	designed body solution phase men results how loss v-taper physical

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
v-taper	7	✔	✖	✖	✔
solution	6	✔	✖	✖	✔
how	3	✖	✖	✖	✔
loss	3	✖	✖	✖	✖
men	3	✖	✖	✖	✖

Usability

	Url	Domain : vtapersolution.com Length : 18
✔	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.

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	Great! We haven't found deprecated HTML tags in your HTML.
●	Speed Tips	✓ 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	✗ 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

Optimization

		crawl the site more intelligently.
✓	Robots.txt	http://vtapersolution.com/robots.txt Great, your website has a robots.txt file.
✓	Analytics	Great, your website has an analytics tool. Google Analytics