






Website Analysis: fatbuddha.blog

Generated on May 15 2025 05:08 AM





The score is 46/100







SEO Content

	Title	Home - FAT BUDDHA BLOG Length : 22 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	Good, your page take advantage of Og Properties. <table><tr><th>Property</th><th>Content</th></tr><tr><td>locale</td><td>en_GB</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Home</td></tr><tr><td>url</td><td>https://fatbuddha.blog/</td></tr><tr><td>site_name</td><td>FAT BUDDHA BLOG</td></tr></table>						Property	Content	locale	en_GB	type	website	title	Home	url	https://fatbuddha.blog/	site_name	FAT BUDDHA BLOG
Property	Content																		
locale	en_GB																		
type	website																		
title	Home																		
url	https://fatbuddha.blog/																		
site_name	FAT BUDDHA BLOG																		
	Headings	H1 3	H2 4	H3 14	H4 0	H5 0	H6 0	<ul style="list-style-type: none">• [H1] FAT BUDDHA BLOG• [H1] FAT BUDDHA BLOG• [H1] Home• [H2] Welcome To The Fat Buddha Fitness Blog• [H2] Our Featured Blog Topics• [H2] Calculate Your BMI• [H2] Our Recent Blogs• [H3] Mr. Kevin A McCallum											

SEO Content

		<ul style="list-style-type: none">• [H3] DIET• [H3] MIND SET• [H3] RUNNING• [H3] BODY BUILDING• [H3] BMI CATEGORIES• [H3] Climbing the Seven Summits• [H3] My Winter Skills Training Journey at Glenmore Lodge: Conquering the Cold, One Step at a Time• [H3] How to Choose The Right Mont Blanc Expedition• [H3] Ecopsia: A New Chapter at Team Bootcamp in Bridgnorth• [H3] Why Mindful Eating is Key to Weight Loss• [H3] Exploring the Benefits of Green Tea for Weight Loss• [H3] Blog Categories• [H3] Latest Blogs
	Images	<p>We found 11 images on this web page.</p> <p>1 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 : 13%</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	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Bad. Your links have query string.
	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 36 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 100%</p>


In-page links

Anchor	Type	Juice
FAT BUDDHA BLOG	Internal	Passing Juice
Blog	Internal	Passing Juice
Fitness Workout	Internal	Passing Juice
Keto Diet	Internal	Passing Juice
Running	Internal	Passing Juice
Mountaineering	Internal	Passing Juice
Climbing the Seven Summits	Internal	Passing Juice
Read More	Internal	Passing Juice
My Winter Skills Training Journey at Glenmore Lodge: Conquering the Cold, One Step at a Time	Internal	Passing Juice
Read More	Internal	Passing Juice
How to Choose The Right Mont Blanc Expedition	Internal	Passing Juice
Read More	Internal	Passing Juice
Ecopsia: A New Chapter at Team Bootcamp in Bridgnorth	Internal	Passing Juice
Read More	Internal	Passing Juice
Why Mindful Eating is Key to Weight Loss	Internal	Passing Juice
Read More	Internal	Passing Juice
Exploring the Benefits of Green Tea for Weight Loss	Internal	Passing Juice
Read More	Internal	Passing Juice
Bodybuilding	Internal	Passing Juice
Cardio & Cycling	Internal	Passing Juice
Diet	Internal	Passing Juice
Hiking	Internal	Passing Juice
Hormones	Internal	Passing Juice
KETO on the GO!	Internal	Passing Juice
Keto Recipes	Internal	Passing Juice
Kilimanjaro Climb	Internal	Passing Juice
London Marathon	Internal	Passing Juice

In-page links

nutrition	Internal	Passing Juice
Uncategorized	Internal	Passing Juice
Weight Loss	Internal	Passing Juice
Yoga	Internal	Passing Juice
Climbing the Seven Summits	Internal	Passing Juice
My Winter Skills Training Journey at Glenmore Lodge: Conquering the Cold, One Step at a Time	Internal	Passing Juice
Keto Eggplant Parmesan recipe nutrition information	Internal	Passing Juice
Keto Cauliflower 'Potato' Salad recipe nutrition information	Internal	Passing Juice
How to Choose The Right Mont Blanc Expedition	Internal	Passing Juice



SEO Keywords

	Keywords Cloud	more fat fitness buddha read training journey blog weight bmi
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
fat	11	✓	✗	✗	✓
buddha	11	✓	✗	✗	✓
more	8	✗	✗	✗	✓
bmi	8	✗	✗	✗	✓
blog	7	✓	✗	✗	✓









Usability

	Url	Domain : fatbuddha.blog Length : 14
	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	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	<div> Excellent, your website doesn't use nested tables.</div> <div> Too bad, your website is using inline styles.</div> <div> Too bad, your website has too many CSS files (more than 4).</div> <div> Too bad, your website has too many JS files (more than 6).</div> <div> Too bad, your website does not take advantage of gzip.</div>

Mobile

	Mobile Optimization	<div> Apple Icon</div> <div> Meta Viewport Tag</div> <div> Flash content</div>
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Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <div>http://fatbuddha.blog/sitemap.xml https://fatbuddha.blog/sitemap_index.xml</div>
	Robots.txt	<p>http://fatbuddha.blog/robots.txt</p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>