










# Website Analysis: fit-cf.com

Generated on March 31 2026 07:06 AM



The score is 49/100







## SEO Content

	Title	<p>FIT-CF &amp;#8211; Helping Companies and their employees feel their best, so they can perform their best at work and in life.</p> <p>Length : 121</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>												
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.</p>												
	Keywords	<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>												
	Og Meta Properties	<p>This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use <a href="#">this free og properties generator</a> to create them.</p>												
	Headings	<table border="1"> <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>2</td> <td>1</td> <td>1</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>[H1] FIT-CF</li> <li>[H1] FIT-CF</li> <li>[H2] Movement improves company culture.</li> <li>[H3] What Employees Are Saying About Us</li> </ul>	H1	H2	H3	H4	H5	H6	2	1	1	0	0	0
H1	H2	H3	H4	H5	H6									
2	1	1	0	0	0									
	Images	<p>We found 2 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 : 2%</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>												

## SEO Content

		
	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 1 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
<a href="#">FIT-CF</a>	Internal	Passing Juice

## SEO Keywords

	Keywords Cloud	<p>culture perform sessions more life feel best fit-cf work employees</p>
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
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## Keywords Consistency

best	4	✓	✗	✗	✗
employees	4	✓	✗	✗	✓
work	4	✓	✗	✗	✗
fit-cf	3	✓	✗	✗	✓
culture	3	✗	✗	✗	✓






## Usability

	Url	Domain : fit-cf.com Length : 10
	Favicon	Great, your website has a favicon.
	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	✓ Excellent, your website doesn't use nested tables.




## Document

	 Too bad, your website is using inline styles.
	 Too bad, your website has too many CSS files (more than 4).
	 Perfect, your website has few JavaScript files.
	 Perfect, your website takes advantage of gzip.

## Mobile

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

## Optimization

	XML Sitemap	Great, your website has an XML sitemap.  <code>http://fit-cf.com/sitemap.xml</code> <code>https://fit-cf.com/wp-sitemap.xml</code>
	Robots.txt	<code>http://fit-cf.com/robots.txt</code> 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.