






Website Analysis: ignitefat.com

Generated on May 12 2025 14:12 PM





The score is 47/100





SEO Content

	Title	Diet and Weight Loss Help																			
		Length : 25																			
		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_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>About - Diet and Weight Loss Help</td></tr><tr><td>description</td><td>Diet and Weight Loss is a blog that provides info about Diet, Weight Loss, Healthy related topics AFFILIATE DISCLOSURE The [&hellip;]</td></tr><tr><td>url</td><td>https://ignitefat.com/</td></tr><tr><td>site_name</td><td>Diet and Weight Loss Help</td></tr></table>						Property	Content	locale	en_US	type	website	title	About - Diet and Weight Loss Help	description	Diet and Weight Loss is a blog that provides info about Diet, Weight Loss, Healthy related topics AFFILIATE DISCLOSURE The […]	url	https://ignitefat.com/	site_name	Diet and Weight Loss Help
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locale	en_US																				
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url	https://ignitefat.com/																				
site_name	Diet and Weight Loss Help																				
	Headings	H1 6	H2 0	H3 15	H4 3	H5 1	H6 1														
		<ul style="list-style-type: none">• [H1] Diet and Weight Loss Help• [H1] About• [H1] AFFILIATE DISCLOSURE• [H1] LEGAL DISCLAIMERS																			



SEO Content

		<ul style="list-style-type: none">• [H1] Affiliate / Adsense Banner• [H1] Wait!!!• [H3] Anti-Spam Policy• [H3] ADA Website Accessibility and Limitation of Liability Disclaimer• [H3] Copyright Notice• [H3] DMCA Compliance Policy• [H3] Earnings Disclaimer• [H3] FTC Disclaimer• [H3] Language Translation Disclaimer• [H3] Link Lifespan Disclaimer• [H3] Mobile Usability Disclaimer• [H3] Outdated Content Disclaimer• [H3] Privacy Policy• [H3] Social Media Disclaimer• [H3] Terms and Conditions• [H3] User Data Control & Browser Settings• [H3] Questions, Comments, or Concerns• [H4] The Ultimate Guide to Weight Loss: Tips, Myths, and Science-Backed Strategies• [H4] Monthly Archive• [H4] Recent Posts• [H5] Tell A Friend• [H6] Share on
	Images	<p>We found 5 images on this web page.</p> <p>5 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 : 51%</p> <p>Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.</p>

SEO Links

	In-page links	We found a total of 46 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 28.26%</p> <p>Internal Links 71.74%</p>

In-page links

Anchor	Type	Juice
Home	Internal	Passing Juice
Affiliate and Legal Disclaimers	Internal	Passing Juice
Contact	Internal	Passing Juice
Anti-Spam Policy	Internal	Passing Juice
ADA Website Accessibility and Limitation of Liability Disclaimer	Internal	Passing Juice
Copyright Notice	Internal	Passing Juice
DMCA Compliance Policy	Internal	Passing Juice
Earnings Disclaimer	Internal	Passing Juice
FTC Disclaimer	Internal	Passing Juice
Language Translation Disclaimer	Internal	Passing Juice
Link Lifespan Disclaimer	Internal	Passing Juice
Mobile Usability Disclaimer	Internal	Passing Juice
Outdated Content Disclaimer	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Social Media Disclaimer	Internal	Passing Juice
Terms and Conditions	Internal	Passing Juice
User Data Control &#038; Browser Settings	Internal	Passing Juice
Back to top of page	Internal	Passing Juice
Java Burn	External	Passing Juice
Biofit	External	Passing Juice

In-page links

Altai Balance - Get 85% Rev...	External	Passing Juice
New Gut And Poop Winner - S...	External	Passing Juice
Resurge - The Godzilla Of O...	External	Passing Juice
Biotox Gold 2.0 - 2021 Rela...	External	Passing Juice
Okinawa Flat Belly Tonic	External	Passing Juice
The Smoothie Diet: 21 Day R...	External	Passing Juice
Custom Keto Diet	External	Passing Juice
Old School New Body - Highe...	External	Passing Juice
14 Day Rapid Soup Diet - Th...	External	Passing Juice
Viva Slim - #1 Weight Loss ...	External	Passing Juice
May 2025	Internal	Passing Juice
April 2025	Internal	Passing Juice
March 2025	Internal	Passing Juice
February 2025	Internal	Passing Juice
January 2025	Internal	Passing Juice
December 2024	Internal	Passing Juice
November 2024	Internal	Passing Juice
October 2024	Internal	Passing Juice
September 2024	Internal	Passing Juice
August 2024	Internal	Passing Juice
July 2024	Internal	Passing Juice
June 2024	Internal	Passing Juice
May 2024	Internal	Passing Juice
October 2021	Internal	Passing Juice
Diet and Weight Loss Help	Internal	Passing Juice
Learn More	External	Passing Juice

SEO Keywords



Keywords Cloud

users page **website content** disclaimer
might from information data email

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
website	66	✖	✖	✖	✔
content	61	✖	✖	✖	✔
data	25	✖	✖	✖	✔
from	24	✖	✖	✖	✖
page	22	✖	✖	✖	✖










Usability

	Url	Domain : ignitefat.com Length : 13
	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.




Document

	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><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></div>

Mobile

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

Optimization

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.