Website Analysis: jacpt.com.au

Generated on May 16 2025 06:41 AM

The score is 51/100

SEO Content

✔	Title	JAC Personal Training Length : 21 Perfect, your title contains between 10 and 70 characters.
✔	Description	Looking for a Personal Trainer in Sydney CBD? JAC Personal Training is the best gym for weight loss, strength building & nutrition coaching. Length : 144 Great, your meta description contains between 70 and 160 characters.
✘	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.

Property	Content
locale	en_US
type	website
title	JAC Personal Training
description	Looking for a Personal Trainer in Sydney CBD? JAC Personal Training is the best gym for weight loss, strength building & nutrition coaching.
url	https://jacpt.com.au/
site_name	JAC
image	https://jacpt.com.au/wp-content/uploads/2023/07/F2DCF950-8263-4D0C-B3C8-02EB32B6D4B0-scaled.jpg
image:width	2560

SEO Content

		image:height	2050			
		image:type	image/jpeg			

	Headings	H1	H2	H3	H4	H5	H6
		0	13	8	0	0	0

- [H2] Your Journey
- [H2] Starts Here
- [H2] Your Goals,Our Mission.
- [H2] Book In A Free Consultation
- [H2] Our Group Classes
- [H2] Our Personal Trainers
- [H2] Meet THE team
- [H2] Ready To Transform Your Life?
- [H2] Find the best program for you
- [H2] Quick Links
- [H2] Contact link
- [H2] Newsletter
- [H2] Red Oak Flooring
- [H3] Unlock your full fitness potential with our all-in-one team. Easy to book sessions with Australia's leading Personal Trainers, with 10 years of experience, we tailor make programs to suit your goals & lifestyle in a private setting.
- [H3] Unlock your full fitness potential with our all-in-one team. Easy to book sessions with Australia's leading Personal Trainers with 10 years of experience. We tailor make programs to suit your goals & lifestyle in a private setting.
- [H3] Hiit
- [H3] Stretch
- [H3] X-Strength
- [H3] Boxing
- [H3] Booty
- [H3] Core

❌	Images	We found 12 images on this web page. 3 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 : 2% 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	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

SEO Content

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 9 links including 0 link(s) to files
○	Statistics	External Links : noFollow 0% External Links : Passing Juice 11.11% Internal Links 88.89%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
Home	Internal	Passing Juice
Client Results	Internal	Passing Juice
Our Trainers	Internal	Passing Juice
Our Classes	Internal	Passing Juice
Articles	Internal	Passing Juice
Contact Us	Internal	Passing Juice
About Us	Internal	Passing Juice
Red Oak Flooring	External	Passing Juice

SEO Keywords

○	Keywords Cloud	trainers been training knees jac year chil very years jason

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
jac	12	✔	✘	✔	✘
training	12	✔	✘	✔	✘
been	7	✘	✘	✘	✘
very	7	✘	✘	✘	✘
chil	6	✘	✘	✘	✘

Usability

	Url	Domain : jacpt.com.au Length : 12
✔	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

Document

✅	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). ✖ Too bad, your website does not take advantage of gzip.

Mobile

⬤	Mobile Optimization	✔ Apple Icon ✔ Meta Viewport Tag ✔ Flash content

Optimization

✅	XML Sitemap	Great, your website has an XML sitemap. http://jacpt.com.au/sitemap.xml https://jacpt.com.au/sitemap_index.xml
✅	Robots.txt	http://jacpt.com.au/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 should have at least one analytics tool installed, but It can also be

Optimization

good to install a second in order to cross-check the data.