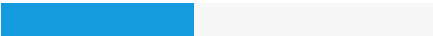


# Website Analysis: veganbodybuilding.com

Generated on July 19 2024 12:16 PM






The score is 40/100



## SEO Content

	Title	<p>Vegan Bodybuilding &amp; Fitness, by Robert Cheeke &amp; Friends - Vegan Bodybuilding &amp; Fitness</p> <p>Length : 99</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>Online since 2003, VeganBodybuilding.com was started by champion bodybuilder Robert Cheeke, showing that vegans can build serious muscle and win national pro titles, without any animal products. Join athletes from all over the world to learn and discuss plant-based, cruelty-free athletic performance and competition!</p> <p>Length : 319</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>								
	Keywords	<p>vegan, vegan bodybuilding, bodybuilding, vegan fitness, fitness, vegan athlete, athlete, plant based, whole food plant based</p> <p>Good, your page contains meta keywords.</p>								
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table><tr><th>Property</th><th>Content</th></tr><tr><td>description</td><td>Online since 2003, VeganBodybuilding.com was started by champion bodybuilder Robert Cheeke, showing that vegans can build serious muscle and win national pro titles, without any animal products. Join athletes from all over the world to learn and discuss plant-based, cruelty-free athletic performance and competition!</td></tr><tr><td>url</td><td>https://www.veganbodybuilding.com</td></tr><tr><td>title</td><td>Vegan Bodybuilding &amp; Fitness, by Robert Cheeke &amp; Friends</td></tr></table>	Property	Content	description	Online since 2003, VeganBodybuilding.com was started by champion bodybuilder Robert Cheeke, showing that vegans can build serious muscle and win national pro titles, without any animal products. Join athletes from all over the world to learn and discuss plant-based, cruelty-free athletic performance and competition!	url	https://www.veganbodybuilding.com	title	Vegan Bodybuilding & Fitness, by Robert Cheeke & Friends
Property	Content									
description	Online since 2003, VeganBodybuilding.com was started by champion bodybuilder Robert Cheeke, showing that vegans can build serious muscle and win national pro titles, without any animal products. Join athletes from all over the world to learn and discuss plant-based, cruelty-free athletic performance and competition!									
url	https://www.veganbodybuilding.com									
title	Vegan Bodybuilding & Fitness, by Robert Cheeke & Friends									





## SEO Content

		<div>type</div> <div>website</div> <div>site_name</div> <div>Vegan Bodybuilding &amp; Fitness</div> <div>locale</div> <div>en_US</div>
	Headings	<div> <div>H10</div> <div>H23</div> <div>H312</div> <div>H45</div> <div>H50</div> <div>H60</div> </div> <ul style="list-style-type: none"> <li>• [H2] Current Content</li> <li>• [H2] Community Forums</li> <li>• [H2] Hey, stay up-to-date with the vegan athletics movement!</li> <li>• [H3] Vegan Bodybuilder Robert Cheeke Gained 100 lbs on Plants</li> <li>• [H3] My 25-Year Vegan Journey, from 1995 to 2020+</li> <li>• [H3] Forum Statistics</li> <li>• [H3] Popular Forums</li> <li>• [H3] AbigailHancock 1</li> <li>• [H3] AbigailHancock 1</li> <li>• [H3] AbigailHancock 1</li> <li>• [H3] AbigailHancock 1</li> <li>• [H3] AbigailHancock 1</li> <li>• [H3] Most Contributions</li> <li>• [H3] Tell a friend</li> <li>• [H3] Get More Nutrition &amp; Training Info in Robert's Books!</li> <li>• [H4] Sign In</li> <li>• [H4] What's Up?</li> <li>• [H4] Community</li> <li>• [H4] Resources</li> <li>• [H4] About</li> </ul>
	Images	<p>We found 20 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 : 12%</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>
	Iframe	<p>Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.</p>

## SEO Links

	URL Rewrite	Bad. Your links have query string.
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## SEO Links

		
	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 37 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 2.7%</p> <p>External Links : Passing Juice 13.51%</p> <p>Internal Links 83.78%</p>


## In-page links

Anchor	Type	Juice
<a href="#">Jump to content</a>	Internal	Passing Juice
<a href="#">In Stores Everywhere! The Definitive Guide to Plant-based Athletics</a>	Internal	Passing Juice
<a href="#">×</a>	Internal	Passing Juice
<a href="#">Forgot your password?</a>	Internal	Passing Juice
<a href="#">My 25-Year Vegan Journey, from 1995 to 2020+</a>	Internal	Passing Juice
<a href="#">Community Forums</a>	Internal	Passing Juice
<a href="#">AbigailHancock</a>	Internal	Passing Juice
<a href="#">american botanical pharmacy</a>	Internal	Passing Juice
<a href="#">buy Rybelsus online</a>	External	Passing Juice
<a href="#">L-Carnatine (for a healthy heart)</a>	Internal	Passing Juice
<a href="#">mediderma usa</a>	External	Passing Juice
<a href="#">Seeking Recommendations on Health Insurance - Florida Medicaid Eligibility</a>	Internal	Passing Juice
<a href="#">buy Canadian insulin Ozempic</a>	External	Passing Juice
<a href="#">Health Benefits of Mango</a>	Internal	Passing Juice
<a href="#">Cracks in the corner of the mouth</a>	Internal	Passing Juice
<a href="#">Tasigna medication</a>	External	Passing Juice

## In-page links

<a href="#">robert</a>	Internal	Passing Juice
<a href="#">Richard</a>	Internal	Passing Juice
<a href="#">Zack</a>	Internal	Passing Juice
<a href="#">Mini Forklift</a>	Internal	Passing Juice
<a href="#">Odidnetne</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">Powered by Invision Community</a>	External	noFollow
<a href="#">Existing user? Sign In</a>	Internal	Passing Juice
<a href="#">All Activity</a>	Internal	Passing Juice
<a href="#">Community</a>	External	Passing Juice
<a href="#">Forums</a>	Internal	Passing Juice
<a href="#">Calendar</a>	Internal	Passing Juice
<a href="#">Clubs</a>	Internal	Passing Juice
<a href="#">Online Users</a>	Internal	Passing Juice
<a href="#">Guidelines</a>	Internal	Passing Juice
<a href="#">Our Picks</a>	Internal	Passing Juice
<a href="#">Articles (pre-2017)</a>	Internal	Passing Juice
<a href="#">Vegan Athlete Profiles (pre-2017)</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Robert's 25-Year Vegan Journey</a>	Internal	Passing Juice
<a href="#">Search</a>	Internal	Passing Juice





## SEO Keywords

	Keywords Cloud	content journey <b>vegan</b> posted more community all robert <b>health</b> search
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
vegan	13	✓	✓	✓	✓
health	13	✗	✗	✗	✗
more	9	✗	✗	✗	✓
community	6	✗	✗	✗	✓
all	5	✗	✗	✓	✗


## Usability

	Url	Domain : veganbodybuilding.com Length : 21
	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.




## Document

	Speed Tips	<div data-bbox="549 197 1497 510"><div data-bbox="549 197 1497 248">✔ Excellent, your website doesn't use nested tables.</div><div data-bbox="549 248 1497 309">✖ Too bad, your website is using inline styles.</div><div data-bbox="549 309 1497 369">✖ Too bad, your website has too many CSS files (more than 4).</div><div data-bbox="549 369 1497 430">✖ Too bad, your website has too many JS files (more than 6).</div><div data-bbox="549 430 1497 510">✖ Too bad, your website does not take advantage of gzip.</div></div>
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## Mobile

	Mobile Optimization	<div data-bbox="549 730 1497 911"><div data-bbox="549 730 1497 790">✖ Apple Icon</div><div data-bbox="549 790 1497 851">✔ Meta Viewport Tag</div><div data-bbox="549 851 1497 911">✔ Flash content</div></div>
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## Optimization

	XML Sitemap	<div data-bbox="539 1115 1519 1384"><p>Missing</p><p>Your website does not have an XML sitemap - this can be problematic.</p><p>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.</p></div>
	Robots.txt	<div data-bbox="539 1411 1519 1516"><p><a href="http://veganbodybuilding.com/robots.txt">http://veganbodybuilding.com/robots.txt</a></p><p>Great, your website has a robots.txt file.</p></div>
	Analytics	<div data-bbox="539 1547 1519 1778"><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></div>