



Website Analysis: veganbodybuilding.com

Generated on June 28 2024 20:45 PM






The score is 43/100



SEO Content

| | <p>Title</p> | <p>Vegan Bodybuilding & Fitness, by Robert Cheeke & Friends - Vegan Bodybuilding & Fitness</p> <p>Length : 99</p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use this free tool to calculate text length.</p> | | | | | | | | |
|-------------|---|--|----------|---------|-------------|---|-----|-----------------------------------|-------|--|
| | <p>Description</p> | <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 this free tool to calculate text length.</p> | | | | | | | | |
| | <p>Keywords</p> | <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> | | | | | | | | |
| | <p>Og Meta Properties</p> | <p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1512 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <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 & Fitness, by Robert Cheeke & Friends</td> </tr> </tbody> </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 |
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SEO Content

| | | | | | | | | | | | | | | |
|---|------------------------------|---|------|---------|-----------|------------------------------|--------|-------|---|---|----|---|---|---|
| | | <table border="1"> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>site_name</td> <td>Vegan Bodybuilding & Fitness</td> </tr> <tr> <td>locale</td> <td>en_US</td> </tr> </table> | type | website | site_name | Vegan Bodybuilding & Fitness | locale | en_US | | | | | | |
| type | website | | | | | | | | | | | | | |
| site_name | Vegan Bodybuilding & Fitness | | | | | | | | | | | | | |
| locale | en_US | | | | | | | | | | | | | |
|  | Headings | <table border="1"> <tr> <td>H1</td> <td>H2</td> <td>H3</td> <td>H4</td> <td>H5</td> <td>H6</td> </tr> <tr> <td>0</td> <td>3</td> <td>12</td> <td>5</td> <td>0</td> <td>0</td> </tr> </table> <ul style="list-style-type: none"> • [H2] Current Content • [H2] Community Forums • [H2] Hey, stay up-to-date with the vegan athletics movement! • [H3] Vegan Bodybuilder Robert Cheeke Gained 100 lbs on Plants • [H3] My 25-Year Vegan Journey, from 1995 to 2020+ • [H3] Forum Statistics • [H3] Popular Forums • [H3] AbigailHancock 1 • [H3] AbigailHancock 1 • [H3] AbigailHancock 1 • [H3] AbigailHancock 1 • [H3] AbigailHancock 1 • [H3] Most Contributions • [H3] Tell a friend • [H3] Get More Nutrition & Training Info in Robert's Books! • [H4] Sign In • [H4] What's Up? • [H4] Community • [H4] Resources • [H4] About | H1 | H2 | H3 | H4 | H5 | H6 | 0 | 3 | 12 | 5 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 0 | 3 | 12 | 5 | 0 | 0 | | | | | | | | | |
|  | 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. |
|--|-------------|------------------------------------|

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 38 links including 0 link(s) to files |
|  | Statistics | <p>External Links : noFollow 2.63%</p> <p>External Links : Passing Juice 15.79%</p> <p>Internal Links 81.58%</p> |

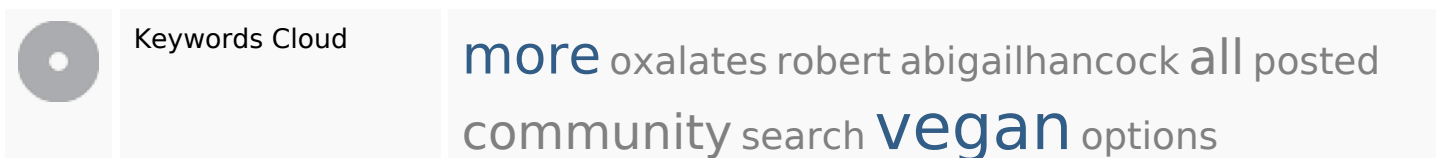
In-page links

| Anchor | Type | Juice |
|---|----------|---------------|
| Jump to content | Internal | Passing Juice |
| In Stores Everywhere! The Definitive Guide to Plant-based Athletics | Internal | Passing Juice |
| × | Internal | Passing Juice |
| Forgot your password? | Internal | Passing Juice |
| My 25-Year Vegan Journey, from 1995 to 2020+ | Internal | Passing Juice |
| Community Forums | Internal | Passing Juice |
| AbigailHancock | Internal | Passing Juice |
| Oxalates | Internal | Passing Juice |
| Caluanie Muelear oxidize | External | Passing Juice |
| How do I scrap my car in Mississauga? | Internal | Passing Juice |
| https://www.dealindougautos.com/blog/index.htm | External | Passing Juice |
| properties for sale in sitges | Internal | Passing Juice |
| https://get.properties/real-estate/portugal/ | External | Passing Juice |
| The 7 Habits Of Healthy Vegans | Internal | Passing Juice |
| Wegovy weight loss | External | Passing Juice |
| Advice on Choosing a Rehabilitation Center | Internal | Passing Juice |

In-page links

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






SEO Keywords








Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|-----------|---------|-------|----------|-------------|----------|
| vegan | 13 | ✓ | ✓ | ✓ | ✓ |
| more | 8 | ✗ | ✗ | ✗ | ✓ |
| all | 6 | ✗ | ✗ | ✓ | ✗ |
| community | 6 | ✗ | ✗ | ✗ | ✓ |
| robert | 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 : 3 Warnings : 13 |
|  | 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 | <ul style="list-style-type: none">✓ 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 | <ul style="list-style-type: none">✗ Apple Icon✓ Meta Viewport Tag✓ Flash content |
|--|---------------------|--|

Optimization

| | | |
|--|-------------|--|
|  | XML Sitemap | <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> |
|  | Robots.txt | <p>http://veganbodybuilding.com/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> |