

慢性病患者的生活品质评价量表  
慢性病患者的生活品质评价量表是一份针对慢性疾病的自我报告问卷量表。它由三个部分组成：一、关于疾病的一般信息；二、关于生活质量的评估；三、关于治疗效果的评估。

一、关于疾病的一般信息：询问患者的基本情况，如年龄、性别、职业等。

二、关于生活质量的评估：询问患者在日常生活中的感受，如睡眠质量、饮食习惯、运动情况等。

三、关于治疗效果的评估：询问患者对治疗的满意度，如药物治疗、手术治疗、物理治疗等。

附录：慢性病患者的生活品质评价量表的评分标准。总分100分，每项得分为1分，总分得分为10分。

Posts

pagepeeker

# Evaluation du site [bigin005.netlify.app](http://bigin005.netlify.app)

Généré le 02 Juillet 2024 13:23

Le score est de 62/100



## Optimisation du contenu

|             | <b>Titre</b>  | <p>标题   首页   常见问题   联系我们   登录   注册   客户服务   网站地图</p> <p>Longueur : 125</p> <p>Idéalement, votre titre devrait contenir entre 10 et 70 caractères (espaces compris). Utilisez <a href="#">cet outil gratuit</a> pour calculer la longueur du texte.</p>   |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
|-------------|---|--|-----------|---------|-------|----|--------|-------|-------------|----|-----|---|-----------|------|------|---------|
|             | <b>Description</b>  | <p>描述   首页   常见问题   联系我们   登录   注册   客户服务   网站地图</p> <p>Longueur : 104</p> <p>Génial, votre balise META description contient entre 70 et 160 caractères.</p>   |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
|             | <b>Mots-clefs</b>   | <p>Très mauvais. Nous n'avons pas trouvé de balise META keywords sur votre page. Utilisez <a href="#">ce générateur gratuit de balises META en ligne</a> pour créer des mots-clés.</p>   |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
|             | <b>Propriétés Open Graph</b>                                | <p>Bien, cette page profite des balises META Open Graph.</p> <table border="1"> <thead> <tr> <th>Propriété</th><th>Contenu</th></tr> </thead> <tbody> <tr> <td>title</td><td>标题</td></tr> <tr> <td>locale</td><td>en_US</td></tr> <tr> <td>description</td><td>描述</td></tr> <tr> <td>url</td><td><a href="http://localhost:4000/">http://localhost:4000/</a></td></tr> <tr> <td>site_name</td><td>网站名称</td></tr> <tr> <td>type</td><td>website</td></tr> </tbody> </table> | Propriété | Contenu | title | 标题 | locale | en_US | description | 描述 | url | <a href="http://localhost:4000/">http://localhost:4000/</a> | site_name | 网站名称 | type | website |
| Propriété   | Contenu   |  |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
| title       | 标题  |  |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
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| description | 描述  |  |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
| url         | <a href="http://localhost:4000/">http://localhost:4000/</a> |  |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
| site_name   | 网站名称  |  |           |         |       |    |        |       |             |    |     |   |           |      |      |         |
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# Optimisation du contenu

| Niveaux de titre | H1<br>0 | H2<br>2 | H3<br>510   | H4<br>0 | H5<br>0 | H6<br>0 |  |  |
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|                  |         |         | <ul style="list-style-type: none"><li>• [H2] Posts</li><li>• [H2] ောင်းဆိုမှုများအတွက်</li><li>• [H3] Begin005 (99)</li><li>• [H3] Begin005 (98)</li><li>• [H3] Begin005 (97)</li><li>• [H3] Begin005 (96)</li><li>• [H3] Begin005 (95)</li><li>• [H3] Begin005 (94)</li><li>• [H3] Begin005 (93)</li><li>• [H3] Begin005 (92)</li><li>• [H3] Begin005 (91)</li><li>• [H3] Begin005 (90)</li><li>• [H3] Begin005 (9)</li><li>• [H3] Begin005 (89)</li><li>• [H3] Begin005 (88)</li><li>• [H3] Begin005 (87)</li><li>• [H3] Begin005 (86)</li><li>• [H3] Begin005 (85)</li><li>• [H3] Begin005 (84)</li><li>• [H3] Begin005 (83)</li><li>• [H3] Begin005 (82)</li><li>• [H3] Begin005 (81)</li><li>• [H3] Begin005 (80)</li><li>• [H3] Begin005 (8)</li><li>• [H3] Begin005 (79)</li><li>• [H3] Begin005 (78)</li><li>• [H3] Begin005 (77)</li><li>• [H3] Begin005 (76)</li><li>• [H3] Begin005 (75)</li><li>• [H3] Begin005 (74)</li><li>• [H3] Begin005 (73)</li><li>• [H3] Begin005 (72)</li><li>• [H3] Begin005 (71)</li><li>• [H3] Begin005 (70)</li><li>• [H3] Begin005 (7)</li><li>• [H3] Begin005 (69)</li><li>• [H3] Begin005 (68)</li><li>• [H3] Begin005 (67)</li><li>• [H3] Begin005 (66)</li><li>• [H3] Begin005 (65)</li><li>• [H3] Begin005 (64)</li><li>• [H3] Begin005 (63)</li><li>• [H3] Begin005 (62)</li><li>• [H3] Begin005 (61)</li><li>• [H3] Begin005 (60)</li><li>• [H3] Begin005 (6)</li><li>• [H3] Begin005 (59)</li><li>• [H3] Begin005 (58)</li><li>• [H3] Begin005 (57)</li><li>• [H3] Begin005 (56)</li><li>• [H3] Begin005 (55)</li><li>• [H3] Begin005 (54)</li><li>• [H3] Begin005 (53)</li></ul> |         |         |         |  |  |

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- [H3] [Bogin005 \(11\)](#)
- [H3] [Bogin005 \(109\)](#)

## Optimisation du contenu

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- [H3] Bogn005 (100)
- [H3] Bogn005 (10)
- [H3] Bogn005 (1)

|  |                  |   |
|--|------------------|---|
|  | Images           | Nous avons trouvé 0 image(s) sur cette page Web.<br>Bien, la plupart ou la totalité de vos images possèdent un attribut alt |
|  | Ratio texte/HTML | Ratio : 45%<br>Idéal! le ratio de cette page texte/HTML est entre 25 et 70 pour cent.                                       |
|  | Flash            | Parfait, aucun contenu FLASH n'a été détecté sur cette page.  |
|  | Iframe           | Génial, il n'y a pas d'Iframes détectés sur cette page.   |

## Liens

|  |                         |  |
|--|-------------------------|--|
|  | Réécriture d'URLs       | Bien. Vos liens sont optimisés!  |
|  | Tiret bas dans les URLs | Parfait! Aucuns soulignements détectés dans vos URLs.                                    |
|  | Liens dans la page      | Nous avons trouvé un total de 513 lien(s) dont 0 lien(s) vers des fichiers               |
|  | Statistics              | Liens externes : noFollow 0%<br>Liens externes : Passing Juice 0%<br>Liens internes 100% |

## Liens dans la page

| Texte d'ancre | Type | Juice |
|---------------|------|-------|
|               |      |       |

## Liens dans la page

| Liens dans la page            | Interne | Passing Juice |
|-------------------------------|---------|---------------|
| <a href="#">About</a>         | Interne | Passing Juice |
| <a href="#">Bogin005 (99)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (98)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (97)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (96)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (95)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (94)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (93)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (92)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (91)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (90)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (9)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (89)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (88)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (87)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (86)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (85)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (84)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (83)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (82)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (81)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (80)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (8)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (79)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (78)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (77)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (76)</a> | Interne | Passing Juice |

## Liens dans la page

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| <a href="#">Bogin005 (75)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (74)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (73)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (72)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (71)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (70)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (7)</a>   | Interne | Passing Juice |
| <a href="#">Bogin005 (69)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (68)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (67)</a>  | Interne | Passing Juice |
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| <a href="#">Bogin005 (61)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (60)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (6)</a>   | Interne | Passing Juice |
| <a href="#">Bogin005 (59)</a>  | Interne | Passing Juice |
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| <a href="#">Bogin005 (56)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (55)</a>  | Interne | Passing Juice |
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| <a href="#">Bogin005 (52)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (510)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (51)</a>  | Interne | Passing Juice |

## Liens dans la page

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| <a href="#">Bogin005 (509)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (508)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (506)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (505)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (504)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (486)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (485)</a> | Interne | Passing Juice |

## Liens dans la page

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| <a href="#">Bogin005 (460)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (46)</a>  | Interne | Passing Juice |

## Liens dans la page

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| <a href="#">Bogin005 (459)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (434)</a> | Interne | Passing Juice |

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| <a href="#">Bogin005 (410)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (41)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (409)</a> | Interne | Passing Juice |

## Liens dans la page

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| <a href="#">Bogin005 (408)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (407)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (399)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (384)</a> | Interne | Passing Juice |

## Liens dans la page

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| <a href="#">Bogin005 (382)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (360)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (36)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (359)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (358)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (357)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (356)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (333)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (332)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (331)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (309)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (308)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (307)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (306)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (283)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (282)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (281)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (259)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (258)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (257)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (256)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (233)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (232)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (231)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (230)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (23)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (229)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (209)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (208)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (207)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (206)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (205)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (204)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (200)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (20)</a>  | Interne | Passing Juice |
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| <a href="#">Bogin005 (183)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (182)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (181)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (180)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (18)</a>  | Interne | Passing Juice |
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| <a href="#">Bogin005 (157)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (156)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (155)</a> | Interne | Passing Juice |
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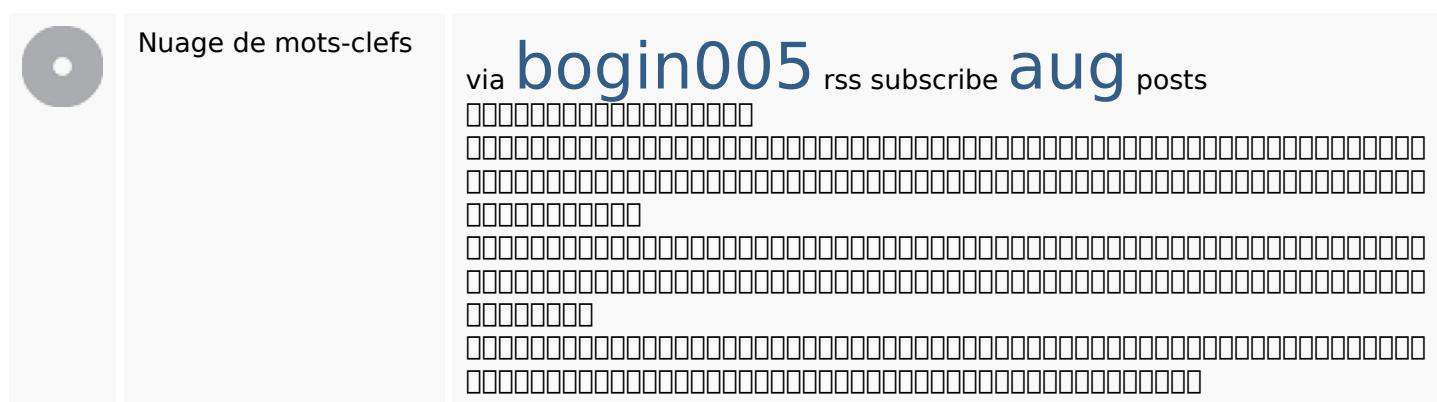
## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (130)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (13)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (129)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (106)</a> | Interne | Passing Juice |

## Liens dans la page

|                                |         |               |
|--------------------------------|---------|---------------|
| <a href="#">Bogin005 (105)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (104)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (103)</a> | Interne | Passing Juice |
| <a href="#">Bogin005 (102)</a> | Interne | Passing Juice |
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| <a href="#">Bogin005 (10)</a>  | Interne | Passing Juice |
| <a href="#">Bogin005 (1)</a>   | Interne | Passing Juice |
| <a href="#">via RSS</a>        | Interne | Passing Juice |

## Mots-clefs



## Cohérence des mots-clefs

| Mot-clef   | Contenu | Titre | Mots-clefs | Description | Niveaux de titre |
|--|---------|-------|------------|-------------|------------------|
| aug  | 510     | ✗     | ✗          | ✗           | ✗                |
| bogin005   | 510     | ✗     | ✗          | ✗           | ✓                |
| ooooooooooooooo<br>ooo   | 4       | ✓     | ✗          | ✗           | ✓                |
| ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo<br>ooooooooooooooo | 1       | ✗     | ✗          | ✗           | ✗                |

## Cohérence des mots-clés

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| 词语一致性 |  |  |  |  |  |
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## Ergonomie

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|--|---------------|---|
|  | Url           | Domaine : bogen005.netlify.app<br>Longueur : 20                 |
|  | Favicon       | Génial, votre site web dispose d'un favicon.                    |
|  | Imprimabilité | Aucun style CSS pour optimiser l'impression n'a pu être trouvé. |
|  | Langue        | Bien. Votre langue est : en.                                    |
|  | Dublin Core   | Cette page ne profite pas des métadonnées Dublin Core.          |

## Document

|  |                        |  |
|--|------------------------|--|
|  | Doctype                | HTML 5   |
|  | Encodage               | Parfait. Votre charset est UTF-8.  |
|  | Validité W3C           | Erreurs : 0<br>Avertissements : 0  |
|  | E-mail confidentialité | Génial, aucune adresse e-mail n'a été trouvé sous forme de texte!  |
|  | HTML obsolètes         | Génial! Nous n'avons pas trouvé de balises HTML obsolètes dans votre code.   |
|  | Astuces vitesse        | <ul style="list-style-type: none"><li>✓ Excellent, votre site n'utilise pas de tableaux imbriqués.</li><li>✓ Parfait. Aucun style css inline n'a été trouvé dans vos tags HTML!</li><li>✓ Génial, votre site web contient peu de fichiers CSS.</li></ul> |

## Document

- ✓ Parfait, votre site web contient peu de fichiers javascript.
- ✗ Dommage, votre site n'est pas optimisé avec gzip.

## Mobile

|  |                     |   |
|--|---------------------|---|
|  | Optimisation mobile | <span style="color: red;">✗</span> Icône Apple          |
|  |                     | <span style="color: green;">✓</span> Méta tags viewport |
|  |                     | <span style="color: green;">✓</span> Contenu FLASH      |

## Optimisation

|  |                    |  |
|--|--------------------|--|
|    | Sitemap XML        | <p>Manquant</p> <p>Votre site web ne dispose pas d'une sitemap XML, ce qui peut poser problème.</p> <p>La sitemap recense les URLs que les moteurs de recherche peuvent indexer, tout en proposant d'éventuelles informations supplémentaires (comme la date de dernière mise à jour, la fréquence des changements, ainsi que leur niveau d'importance). Ceci permet aux moteurs de recherche de parcourir le site de façon plus efficace.</p> |
|  | Robots.txt         | <p><a href="http://bogin005.netlify.app/robots.txt">http://bogin005.netlify.app/robots.txt</a></p> <p>Votre site dispose d'un fichier robots.txt, ce qui est optimal.</p>  |
|  | Mesures d'audience | <p>Manquant</p> <p>Nous n'avons trouvé aucun outil d'analytics sur ce site.</p> <p>Un outil de mesure d'audience vous permet d'analyser l'activité des visiteurs sur votre site. Vous devriez installer au moins un outil Analytics. Il est souvent utile d'en rajouter un second, afin de confirmer les résultats du premier.</p>   |