

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、关于治疗效果；三、关于生活质量。该量表共包含15个条目，每条目有4个选项，分为“是”、“否”、“不确定”和“不知道”。总分范围从0到60分，得分越高表示生活质量越好。

一、关于疾病的一般信息：询问患者是否患有慢性疾病，如高血压、糖尿病等，以及治疗情况，如药物治疗、手术治疗等。

二、关于治疗效果：询问患者对治疗效果的看法，如治疗是否有效，治疗是否方便，治疗是否舒适等。

三、关于生活质量：询问患者生活质量的各个方面，如饮食、睡眠、运动、工作、休闲等，以及慢性疾病对生活质量的影响。

附录：慢性病患者的生活品质评价量表（中译本）

Posts

pagepeeker

# Evaluation du site [bigin009.netlify.app](http://bigin009.netlify.app)

Généré le 01 Juillet 2024 23:25

Le score est de 62/100



## Optimisation du contenu

	<b>Titre</b>	<p>标题   长度: 125</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   长度: 104</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
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# Optimisation du contenu

Niveaux de titre	H1 0	H2 2	H3 512	H4 0	H5 0	H6 0		
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## Optimisation du contenu

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## Optimisation du contenu

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	Images	<p>Nous avons trouvé 0 image(s) sur cette page Web.</p> <p>Bien, la plupart ou la totalité de vos images possèdent un attribut alt</p>
	Ratio texte/HTML	<p>Ratio : 45%</p> <p>Idéal! le ratio de cette page texte/HTML est entre 25 et 70 pour cent.</p>
	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 515 lien(s) dont 0 lien(s) vers des fichiers
	Statistics	<p>Liens externes : noFollow 0%</p> <p>Liens externes : Passing Juice 0%</p> <p>Liens internes 100%</p>

## Liens dans la page

Texte d'ancre	Type	Juice
<a href="#">About</a>	Interne	Passing Juice
<a href="#">Bogin009 (99)</a>	Interne	Passing Juice
<a href="#">Bogin009 (98)</a>	Interne	Passing Juice
<a href="#">Bogin009 (97)</a>	Interne	Passing Juice
<a href="#">Bogin009 (96)</a>	Interne	Passing Juice
<a href="#">Bogin009 (95)</a>	Interne	Passing Juice
<a href="#">Bogin009 (94)</a>	Interne	Passing Juice
<a href="#">Bogin009 (93)</a>	Interne	Passing Juice
<a href="#">Bogin009 (92)</a>	Interne	Passing Juice
<a href="#">Bogin009 (91)</a>	Interne	Passing Juice
<a href="#">Bogin009 (90)</a>	Interne	Passing Juice
<a href="#">Bogin009 (9)</a>	Interne	Passing Juice
<a href="#">Bogin009 (89)</a>	Interne	Passing Juice
<a href="#">Bogin009 (88)</a>	Interne	Passing Juice
<a href="#">Bogin009 (87)</a>	Interne	Passing Juice
<a href="#">Bogin009 (86)</a>	Interne	Passing Juice
<a href="#">Bogin009 (85)</a>	Interne	Passing Juice
<a href="#">Bogin009 (84)</a>	Interne	Passing Juice
<a href="#">Bogin009 (83)</a>	Interne	Passing Juice
<a href="#">Bogin009 (82)</a>	Interne	Passing Juice
<a href="#">Bogin009 (81)</a>	Interne	Passing Juice
<a href="#">Bogin009 (80)</a>	Interne	Passing Juice
<a href="#">Bogin009 (8)</a>	Interne	Passing Juice
<a href="#">Bogin009 (79)</a>	Interne	Passing Juice
<a href="#">Bogin009 (78)</a>	Interne	Passing Juice
<a href="#">Bogin009 (77)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (76)</a>	Interne	Passing Juice
<a href="#">Bogin009 (75)</a>	Interne	Passing Juice
<a href="#">Bogin009 (74)</a>	Interne	Passing Juice
<a href="#">Bogin009 (73)</a>	Interne	Passing Juice
<a href="#">Bogin009 (72)</a>	Interne	Passing Juice
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<a href="#">Bogin009 (7)</a>	Interne	Passing Juice
<a href="#">Bogin009 (69)</a>	Interne	Passing Juice
<a href="#">Bogin009 (68)</a>	Interne	Passing Juice
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<a href="#">Bogin009 (6)</a>	Interne	Passing Juice
<a href="#">Bogin009 (59)</a>	Interne	Passing Juice
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<a href="#">Bogin009 (512)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (511)</a>	Interne	Passing Juice
<a href="#">Bogin009 (510)</a>	Interne	Passing Juice
<a href="#">Bogin009 (51)</a>	Interne	Passing Juice
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## Liens dans la page

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## Liens dans la page

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## Liens dans la page

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## Liens dans la page

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## Liens dans la page

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<a href="#">Bogin009 (336)</a>	Interne	Passing Juice

## Liens dans la page

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<a href="#">Bogin009 (314)</a>	Interne	Passing Juice
<a href="#">Bogin009 (313)</a>	Interne	Passing Juice
<a href="#">Bogin009 (312)</a>	Interne	Passing Juice
<a href="#">Bogin009 (311)</a>	Interne	Passing Juice
<a href="#">Bogin009 (310)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (31)</a>	Interne	Passing Juice
<a href="#">Bogin009 (309)</a>	Interne	Passing Juice
<a href="#">Bogin009 (308)</a>	Interne	Passing Juice
<a href="#">Bogin009 (307)</a>	Interne	Passing Juice
<a href="#">Bogin009 (306)</a>	Interne	Passing Juice
<a href="#">Bogin009 (305)</a>	Interne	Passing Juice
<a href="#">Bogin009 (304)</a>	Interne	Passing Juice
<a href="#">Bogin009 (303)</a>	Interne	Passing Juice
<a href="#">Bogin009 (302)</a>	Interne	Passing Juice
<a href="#">Bogin009 (301)</a>	Interne	Passing Juice
<a href="#">Bogin009 (300)</a>	Interne	Passing Juice
<a href="#">Bogin009 (30)</a>	Interne	Passing Juice
<a href="#">Bogin009 (3)</a>	Interne	Passing Juice
<a href="#">Bogin009 (299)</a>	Interne	Passing Juice
<a href="#">Bogin009 (298)</a>	Interne	Passing Juice
<a href="#">Bogin009 (297)</a>	Interne	Passing Juice
<a href="#">Bogin009 (296)</a>	Interne	Passing Juice
<a href="#">Bogin009 (295)</a>	Interne	Passing Juice
<a href="#">Bogin009 (294)</a>	Interne	Passing Juice
<a href="#">Bogin009 (293)</a>	Interne	Passing Juice
<a href="#">Bogin009 (292)</a>	Interne	Passing Juice
<a href="#">Bogin009 (291)</a>	Interne	Passing Juice
<a href="#">Bogin009 (290)</a>	Interne	Passing Juice
<a href="#">Bogin009 (29)</a>	Interne	Passing Juice
<a href="#">Bogin009 (289)</a>	Interne	Passing Juice
<a href="#">Bogin009 (288)</a>	Interne	Passing Juice
<a href="#">Bogin009 (287)</a>	Interne	Passing Juice
<a href="#">Bogin009 (286)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (285)</a>	Interne	Passing Juice
<a href="#">Bogin009 (284)</a>	Interne	Passing Juice
<a href="#">Bogin009 (283)</a>	Interne	Passing Juice
<a href="#">Bogin009 (282)</a>	Interne	Passing Juice
<a href="#">Bogin009 (281)</a>	Interne	Passing Juice
<a href="#">Bogin009 (280)</a>	Interne	Passing Juice
<a href="#">Bogin009 (28)</a>	Interne	Passing Juice
<a href="#">Bogin009 (279)</a>	Interne	Passing Juice
<a href="#">Bogin009 (278)</a>	Interne	Passing Juice
<a href="#">Bogin009 (277)</a>	Interne	Passing Juice
<a href="#">Bogin009 (276)</a>	Interne	Passing Juice
<a href="#">Bogin009 (275)</a>	Interne	Passing Juice
<a href="#">Bogin009 (274)</a>	Interne	Passing Juice
<a href="#">Bogin009 (273)</a>	Interne	Passing Juice
<a href="#">Bogin009 (272)</a>	Interne	Passing Juice
<a href="#">Bogin009 (271)</a>	Interne	Passing Juice
<a href="#">Bogin009 (270)</a>	Interne	Passing Juice
<a href="#">Bogin009 (27)</a>	Interne	Passing Juice
<a href="#">Bogin009 (269)</a>	Interne	Passing Juice
<a href="#">Bogin009 (268)</a>	Interne	Passing Juice
<a href="#">Bogin009 (267)</a>	Interne	Passing Juice
<a href="#">Bogin009 (266)</a>	Interne	Passing Juice
<a href="#">Bogin009 (265)</a>	Interne	Passing Juice
<a href="#">Bogin009 (264)</a>	Interne	Passing Juice
<a href="#">Bogin009 (263)</a>	Interne	Passing Juice
<a href="#">Bogin009 (262)</a>	Interne	Passing Juice
<a href="#">Bogin009 (261)</a>	Interne	Passing Juice
<a href="#">Bogin009 (260)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (26)</a>	Interne	Passing Juice
<a href="#">Bogin009 (259)</a>	Interne	Passing Juice
<a href="#">Bogin009 (258)</a>	Interne	Passing Juice
<a href="#">Bogin009 (257)</a>	Interne	Passing Juice
<a href="#">Bogin009 (256)</a>	Interne	Passing Juice
<a href="#">Bogin009 (255)</a>	Interne	Passing Juice
<a href="#">Bogin009 (254)</a>	Interne	Passing Juice
<a href="#">Bogin009 (253)</a>	Interne	Passing Juice
<a href="#">Bogin009 (252)</a>	Interne	Passing Juice
<a href="#">Bogin009 (251)</a>	Interne	Passing Juice
<a href="#">Bogin009 (250)</a>	Interne	Passing Juice
<a href="#">Bogin009 (25)</a>	Interne	Passing Juice
<a href="#">Bogin009 (249)</a>	Interne	Passing Juice
<a href="#">Bogin009 (248)</a>	Interne	Passing Juice
<a href="#">Bogin009 (247)</a>	Interne	Passing Juice
<a href="#">Bogin009 (246)</a>	Interne	Passing Juice
<a href="#">Bogin009 (245)</a>	Interne	Passing Juice
<a href="#">Bogin009 (244)</a>	Interne	Passing Juice
<a href="#">Bogin009 (243)</a>	Interne	Passing Juice
<a href="#">Bogin009 (242)</a>	Interne	Passing Juice
<a href="#">Bogin009 (241)</a>	Interne	Passing Juice
<a href="#">Bogin009 (240)</a>	Interne	Passing Juice
<a href="#">Bogin009 (24)</a>	Interne	Passing Juice
<a href="#">Bogin009 (239)</a>	Interne	Passing Juice
<a href="#">Bogin009 (238)</a>	Interne	Passing Juice
<a href="#">Bogin009 (237)</a>	Interne	Passing Juice
<a href="#">Bogin009 (236)</a>	Interne	Passing Juice
<a href="#">Bogin009 (235)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (234)</a>	Interne	Passing Juice
<a href="#">Bogin009 (233)</a>	Interne	Passing Juice
<a href="#">Bogin009 (232)</a>	Interne	Passing Juice
<a href="#">Bogin009 (231)</a>	Interne	Passing Juice
<a href="#">Bogin009 (230)</a>	Interne	Passing Juice
<a href="#">Bogin009 (23)</a>	Interne	Passing Juice
<a href="#">Bogin009 (229)</a>	Interne	Passing Juice
<a href="#">Bogin009 (228)</a>	Interne	Passing Juice
<a href="#">Bogin009 (227)</a>	Interne	Passing Juice
<a href="#">Bogin009 (226)</a>	Interne	Passing Juice
<a href="#">Bogin009 (225)</a>	Interne	Passing Juice
<a href="#">Bogin009 (224)</a>	Interne	Passing Juice
<a href="#">Bogin009 (223)</a>	Interne	Passing Juice
<a href="#">Bogin009 (222)</a>	Interne	Passing Juice
<a href="#">Bogin009 (221)</a>	Interne	Passing Juice
<a href="#">Bogin009 (220)</a>	Interne	Passing Juice
<a href="#">Bogin009 (22)</a>	Interne	Passing Juice
<a href="#">Bogin009 (219)</a>	Interne	Passing Juice
<a href="#">Bogin009 (218)</a>	Interne	Passing Juice
<a href="#">Bogin009 (217)</a>	Interne	Passing Juice
<a href="#">Bogin009 (216)</a>	Interne	Passing Juice
<a href="#">Bogin009 (215)</a>	Interne	Passing Juice
<a href="#">Bogin009 (214)</a>	Interne	Passing Juice
<a href="#">Bogin009 (213)</a>	Interne	Passing Juice
<a href="#">Bogin009 (212)</a>	Interne	Passing Juice
<a href="#">Bogin009 (211)</a>	Interne	Passing Juice
<a href="#">Bogin009 (210)</a>	Interne	Passing Juice
<a href="#">Bogin009 (21)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (209)</a>	Interne	Passing Juice
<a href="#">Bogin009 (208)</a>	Interne	Passing Juice
<a href="#">Bogin009 (207)</a>	Interne	Passing Juice
<a href="#">Bogin009 (206)</a>	Interne	Passing Juice
<a href="#">Bogin009 (205)</a>	Interne	Passing Juice
<a href="#">Bogin009 (204)</a>	Interne	Passing Juice
<a href="#">Bogin009 (203)</a>	Interne	Passing Juice
<a href="#">Bogin009 (202)</a>	Interne	Passing Juice
<a href="#">Bogin009 (201)</a>	Interne	Passing Juice
<a href="#">Bogin009 (200)</a>	Interne	Passing Juice
<a href="#">Bogin009 (20)</a>	Interne	Passing Juice
<a href="#">Bogin009 (2)</a>	Interne	Passing Juice
<a href="#">Bogin009 (199)</a>	Interne	Passing Juice
<a href="#">Bogin009 (198)</a>	Interne	Passing Juice
<a href="#">Bogin009 (197)</a>	Interne	Passing Juice
<a href="#">Bogin009 (196)</a>	Interne	Passing Juice
<a href="#">Bogin009 (195)</a>	Interne	Passing Juice
<a href="#">Bogin009 (194)</a>	Interne	Passing Juice
<a href="#">Bogin009 (193)</a>	Interne	Passing Juice
<a href="#">Bogin009 (192)</a>	Interne	Passing Juice
<a href="#">Bogin009 (191)</a>	Interne	Passing Juice
<a href="#">Bogin009 (190)</a>	Interne	Passing Juice
<a href="#">Bogin009 (19)</a>	Interne	Passing Juice
<a href="#">Bogin009 (189)</a>	Interne	Passing Juice
<a href="#">Bogin009 (188)</a>	Interne	Passing Juice
<a href="#">Bogin009 (187)</a>	Interne	Passing Juice
<a href="#">Bogin009 (186)</a>	Interne	Passing Juice
<a href="#">Bogin009 (185)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (184)</a>	Interne	Passing Juice
<a href="#">Bogin009 (183)</a>	Interne	Passing Juice
<a href="#">Bogin009 (182)</a>	Interne	Passing Juice
<a href="#">Bogin009 (181)</a>	Interne	Passing Juice
<a href="#">Bogin009 (180)</a>	Interne	Passing Juice
<a href="#">Bogin009 (18)</a>	Interne	Passing Juice
<a href="#">Bogin009 (179)</a>	Interne	Passing Juice
<a href="#">Bogin009 (178)</a>	Interne	Passing Juice
<a href="#">Bogin009 (177)</a>	Interne	Passing Juice
<a href="#">Bogin009 (176)</a>	Interne	Passing Juice
<a href="#">Bogin009 (175)</a>	Interne	Passing Juice
<a href="#">Bogin009 (174)</a>	Interne	Passing Juice
<a href="#">Bogin009 (173)</a>	Interne	Passing Juice
<a href="#">Bogin009 (172)</a>	Interne	Passing Juice
<a href="#">Bogin009 (171)</a>	Interne	Passing Juice
<a href="#">Bogin009 (170)</a>	Interne	Passing Juice
<a href="#">Bogin009 (17)</a>	Interne	Passing Juice
<a href="#">Bogin009 (169)</a>	Interne	Passing Juice
<a href="#">Bogin009 (168)</a>	Interne	Passing Juice
<a href="#">Bogin009 (167)</a>	Interne	Passing Juice
<a href="#">Bogin009 (166)</a>	Interne	Passing Juice
<a href="#">Bogin009 (165)</a>	Interne	Passing Juice
<a href="#">Bogin009 (164)</a>	Interne	Passing Juice
<a href="#">Bogin009 (163)</a>	Interne	Passing Juice
<a href="#">Bogin009 (162)</a>	Interne	Passing Juice
<a href="#">Bogin009 (161)</a>	Interne	Passing Juice
<a href="#">Bogin009 (160)</a>	Interne	Passing Juice
<a href="#">Bogin009 (16)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (159)</a>	Interne	Passing Juice
<a href="#">Bogin009 (158)</a>	Interne	Passing Juice
<a href="#">Bogin009 (157)</a>	Interne	Passing Juice
<a href="#">Bogin009 (156)</a>	Interne	Passing Juice
<a href="#">Bogin009 (155)</a>	Interne	Passing Juice
<a href="#">Bogin009 (154)</a>	Interne	Passing Juice
<a href="#">Bogin009 (153)</a>	Interne	Passing Juice
<a href="#">Bogin009 (152)</a>	Interne	Passing Juice
<a href="#">Bogin009 (151)</a>	Interne	Passing Juice
<a href="#">Bogin009 (150)</a>	Interne	Passing Juice
<a href="#">Bogin009 (15)</a>	Interne	Passing Juice
<a href="#">Bogin009 (149)</a>	Interne	Passing Juice
<a href="#">Bogin009 (148)</a>	Interne	Passing Juice
<a href="#">Bogin009 (147)</a>	Interne	Passing Juice
<a href="#">Bogin009 (146)</a>	Interne	Passing Juice
<a href="#">Bogin009 (145)</a>	Interne	Passing Juice
<a href="#">Bogin009 (144)</a>	Interne	Passing Juice
<a href="#">Bogin009 (143)</a>	Interne	Passing Juice
<a href="#">Bogin009 (142)</a>	Interne	Passing Juice
<a href="#">Bogin009 (141)</a>	Interne	Passing Juice
<a href="#">Bogin009 (140)</a>	Interne	Passing Juice
<a href="#">Bogin009 (14)</a>	Interne	Passing Juice
<a href="#">Bogin009 (139)</a>	Interne	Passing Juice
<a href="#">Bogin009 (138)</a>	Interne	Passing Juice
<a href="#">Bogin009 (137)</a>	Interne	Passing Juice
<a href="#">Bogin009 (136)</a>	Interne	Passing Juice
<a href="#">Bogin009 (135)</a>	Interne	Passing Juice
<a href="#">Bogin009 (134)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (133)</a>	Interne	Passing Juice
<a href="#">Bogin009 (132)</a>	Interne	Passing Juice
<a href="#">Bogin009 (131)</a>	Interne	Passing Juice
<a href="#">Bogin009 (130)</a>	Interne	Passing Juice
<a href="#">Bogin009 (13)</a>	Interne	Passing Juice
<a href="#">Bogin009 (129)</a>	Interne	Passing Juice
<a href="#">Bogin009 (128)</a>	Interne	Passing Juice
<a href="#">Bogin009 (127)</a>	Interne	Passing Juice
<a href="#">Bogin009 (126)</a>	Interne	Passing Juice
<a href="#">Bogin009 (125)</a>	Interne	Passing Juice
<a href="#">Bogin009 (124)</a>	Interne	Passing Juice
<a href="#">Bogin009 (123)</a>	Interne	Passing Juice
<a href="#">Bogin009 (122)</a>	Interne	Passing Juice
<a href="#">Bogin009 (121)</a>	Interne	Passing Juice
<a href="#">Bogin009 (120)</a>	Interne	Passing Juice
<a href="#">Bogin009 (12)</a>	Interne	Passing Juice
<a href="#">Bogin009 (119)</a>	Interne	Passing Juice
<a href="#">Bogin009 (118)</a>	Interne	Passing Juice
<a href="#">Bogin009 (117)</a>	Interne	Passing Juice
<a href="#">Bogin009 (116)</a>	Interne	Passing Juice
<a href="#">Bogin009 (115)</a>	Interne	Passing Juice
<a href="#">Bogin009 (114)</a>	Interne	Passing Juice
<a href="#">Bogin009 (113)</a>	Interne	Passing Juice
<a href="#">Bogin009 (112)</a>	Interne	Passing Juice
<a href="#">Bogin009 (111)</a>	Interne	Passing Juice
<a href="#">Bogin009 (110)</a>	Interne	Passing Juice
<a href="#">Bogin009 (11)</a>	Interne	Passing Juice
<a href="#">Bogin009 (109)</a>	Interne	Passing Juice

## Liens dans la page

<a href="#">Bogin009 (108)</a>	Interne	Passing Juice
<a href="#">Bogin009 (107)</a>	Interne	Passing Juice
<a href="#">Bogin009 (106)</a>	Interne	Passing Juice
<a href="#">Bogin009 (105)</a>	Interne	Passing Juice
<a href="#">Bogin009 (104)</a>	Interne	Passing Juice
<a href="#">Bogin009 (103)</a>	Interne	Passing Juice
<a href="#">Bogin009 (102)</a>	Interne	Passing Juice
<a href="#">Bogin009 (101)</a>	Interne	Passing Juice
<a href="#">Bogin009 (100)</a>	Interne	Passing Juice
<a href="#">Bogin009 (10)</a>	Interne	Passing Juice
<a href="#">Bogin009 (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	512	✗	✗	✗	✗
bogin009	512	✗	✗	✗	✓
blog de bogin009	4	✓	✗	✗	✓
blog de bogin009	1	✗	✗	✗	✗

## Cohérence des mots-clés

Domaine : begin009.netlify.app					
Longueur : 20					
rss	1	✗	✗	✗	✗

## Ergonomie

	Url	Domaine : begin009.netlify.app 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 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	Excellent, votre site n'utilise pas de tableaux imbriqués.

## Document

-  Parfait. Aucun style css inline n'a été trouvé dans vos tags HTML!
-  Génial, votre site web contient peu de fichiers CSS.
-  Parfait, votre site web contient peu de fichiers javascript.
-  Dommage, votre site n'est pas optimisé avec gzip.

## Mobile

### Optimisation mobile

-  Icône Apple
-  Méta tags viewport
-  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://begin009.netlify.app/robots.txt">http://begin009.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>