



# Website beoordeling fatbuddha.blog

Gegenereerd op Mei 23 2025 00:24 AM

De score is 46/100



## SEO Content

|    | Title                   | Home - FAT BUDDHA BLOG                                                                                                                                                                                                                                                            |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|---------|---------|----------|---------|--------|-------|------|---------|-------|------|-----|-------------------------|-----------|-----------------|
|                                                                                    |                         | Lengte : 22                                                                                                                                                                                                                                                                       |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|                                                                                    |                         | Perfect, uw title tag bevat tussen de 10 en 70 karakters.                                                                                                                                                                                                                         |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|    | Description             | Lengte : 0                                                                                                                                                                                                                                                                        |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|                                                                                    |                         | Erg slecht.we hebben geen meta description gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om een beschrijving te genereren.                                                                                                               |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|  | Keywords                | Erg slecht. We hebben geen meta keywords gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om keywords te genereren.                                                                                                                         |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|  | Og Meta Properties      | Goed, uw page maakt gebruik van Og Properties.                                                                                                                                                                                                                                    |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|                                                                                    |                         | <table><tr><th>Property</th><th>Content</th></tr><tr><td>locale</td><td>en_GB</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Home</td></tr><tr><td>url</td><td>https://fatbuddha.blog/</td></tr><tr><td>site_name</td><td>FAT BUDDHA BLOG</td></tr></table> |         |          |         |         |         | Property | Content | locale | en_GB | type | website | title | Home | url | https://fatbuddha.blog/ | site_name | FAT BUDDHA BLOG |
| Property                                                                           | Content                 |                                                                                                                                                                                                                                                                                   |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
| locale                                                                             | en_GB                   |                                                                                                                                                                                                                                                                                   |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
| type                                                                               | website                 |                                                                                                                                                                                                                                                                                   |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
| title                                                                              | Home                    |                                                                                                                                                                                                                                                                                   |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
| url                                                                                | https://fatbuddha.blog/ |                                                                                                                                                                                                                                                                                   |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
| site_name                                                                          | FAT BUDDHA BLOG         |                                                                                                                                                                                                                                                                                   |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |
|  | Headings                | H1<br>3                                                                                                                                                                                                                                                                           | H2<br>4 | H3<br>14 | H4<br>0 | H5<br>0 | H6<br>0 |          |         |        |       |      |         |       |      |     |                         |           |                 |
|                                                                                    |                         | <ul style="list-style-type: none"><li>• [H1] FAT BUDDHA BLOG</li><li>• [H1] FAT BUDDHA BLOG</li><li>• [H1] Home</li><li>• [H2] Welcome To The Fat Buddha Fitness Blog</li><li>• [H2] Our Featured Blog Topics</li><li>• [H2] Calculate Your BMI</li></ul>                         |         |          |         |         |         |          |         |        |       |      |         |       |      |     |                         |           |                 |

## SEO Content

|                                                                                     |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                     |                 | <ul style="list-style-type: none"><li>• [H2] Our Recent Blogs</li><li>• [H3] Mr. Kevin A McCallum</li><li>• [H3] DIET</li><li>• [H3] MIND SET</li><li>• [H3] RUNNING</li><li>• [H3] BODY BUILDING</li><li>• [H3] BMI CATEGORIES</li><li>• [H3] Climbing the Seven Summits</li><li>• [H3] My Winter Skills Training Journey at Glenmore Lodge: Conquering the Cold, One Step at a Time</li><li>• [H3] How to Choose The Right Mont Blanc Expedition</li><li>• [H3] Ecopsia: A New Chapter at Team Bootcamp in Bridgnorth</li><li>• [H3] Why Mindful Eating is Key to Weight Loss</li><li>• [H3] Exploring the Benefits of Green Tea for Weight Loss</li><li>• [H3] Blog Categories</li><li>• [H3] Latest Blogs</li></ul> |
|    | Afbeeldingen    | We vonden 11 afbeeldingen in de pagina.<br><br>1 alt attributen ontbreken. Voeg alternatieve text toe zodat zoekmachines beter kunnen beoordelen wat het onderwerp van de afbeeldingen is.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|   | Text/HTML Ratio | Ratio : 13%<br><br>De ratio van text tot HTML code is below 15 procent, dit betekent dat uw pagina waarschijnlijk meer tekst nodig heeft.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|  | Flash           | Perfect, geen Flash content gevonden in uw website.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|  | Iframe          | Perfect, er zijn geen Iframes in uw website aangetroffen.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

## SEO Links

|                                                                                     |                        |                                                                                                      |
|-------------------------------------------------------------------------------------|------------------------|------------------------------------------------------------------------------------------------------|
|  | Herschreven URL        | Slecht. Uw links maken gebruik van een query string.                                                 |
|  | Underscores in de URLs | We hebben underscores gevonden in uw URLs. U zou het minteken moeten gebruiken ten behoeven van SEO. |
|  | In-page links          | We vonden een totaal van 36 links inclusie 0 link(s) naar bestanden                                  |
|  | Statistics             | Externe Links : noFollow 0%<br><br>Externe Links : doFollow 0%<br><br>Interne Links 100%             |

## SEO Links

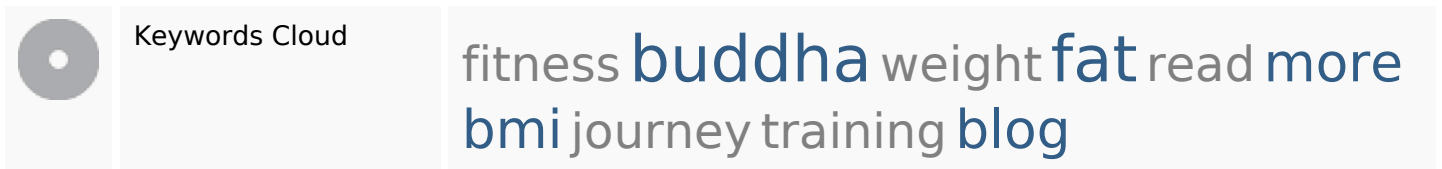
### In-page links

| Ankertekst                                                                                                   | Type   | samenstelling |
|--------------------------------------------------------------------------------------------------------------|--------|---------------|
| <a href="#">FAT BUDDHA BLOG</a>                                                                              | Intern | doFollow      |
| <a href="#">Blog</a>                                                                                         | Intern | doFollow      |
| <a href="#">Fitness Workout</a>                                                                              | Intern | doFollow      |
| <a href="#">Keto Diet</a>                                                                                    | Intern | doFollow      |
| <a href="#">Running</a>                                                                                      | Intern | doFollow      |
| <a href="#">Mountaineering</a>                                                                               | Intern | doFollow      |
| <a href="#">Climbing the Seven Summits</a>                                                                   | Intern | doFollow      |
| <a href="#">Read More</a>                                                                                    | Intern | doFollow      |
| <a href="#">My Winter Skills Training Journey at Glenmore Lodge: Conquering the Cold, One Step at a Time</a> | Intern | doFollow      |
| <a href="#">Read More</a>                                                                                    | Intern | doFollow      |
| <a href="#">How to Choose The Right Mont Blanc Expedition</a>                                                | Intern | doFollow      |
| <a href="#">Read More</a>                                                                                    | Intern | doFollow      |
| <a href="#">Ecopsia: A New Chapter at Team Bootcamp in Bridgnorth</a>                                        | Intern | doFollow      |
| <a href="#">Read More</a>                                                                                    | Intern | doFollow      |
| <a href="#">Why Mindful Eating is Key to Weight Loss</a>                                                     | Intern | doFollow      |
| <a href="#">Read More</a>                                                                                    | Intern | doFollow      |
| <a href="#">Exploring the Benefits of Green Tea for Weight Loss</a>                                          | Intern | doFollow      |
| <a href="#">Read More</a>                                                                                    | Intern | doFollow      |
| <a href="#">Bodybuilding</a>                                                                                 | Intern | doFollow      |
| <a href="#">Cardio &amp; Cycling</a>                                                                         | Intern | doFollow      |
| <a href="#">Diet</a>                                                                                         | Intern | doFollow      |
| <a href="#">Hiking</a>                                                                                       | Intern | doFollow      |
| <a href="#">Hormones</a>                                                                                     | Intern | doFollow      |
| <a href="#">KETO on the GO!</a>                                                                              | Intern | doFollow      |

## In-page links

|                                                                                                              |        |          |
|--------------------------------------------------------------------------------------------------------------|--------|----------|
| <a href="#">Keto Recipes</a>                                                                                 | Intern | doFollow |
| <a href="#">Kilimanjaro Climb</a>                                                                            | Intern | doFollow |
| <a href="#">London Marathon</a>                                                                              | Intern | doFollow |
| <a href="#">nutrition</a>                                                                                    | Intern | doFollow |
| <a href="#">Uncategorized</a>                                                                                | Intern | doFollow |
| <a href="#">Weight Loss</a>                                                                                  | Intern | doFollow |
| <a href="#">Yoga</a>                                                                                         | Intern | doFollow |
| <a href="#">Climbing the Seven Summits</a>                                                                   | Intern | doFollow |
| <a href="#">My Winter Skills Training Journey at Glenmore Lodge: Conquering the Cold, One Step at a Time</a> | Intern | doFollow |
| <a href="#">Keto Eggplant Parmesan recipe nutrition information</a>                                          | Intern | doFollow |
| <a href="#">Keto Cauliflower 'Potato' Salad recipe nutrition information</a>                                 | Intern | doFollow |
| <a href="#">How to Choose The Right Mont Blanc Expedition</a>                                                | Intern | doFollow |

## SEO Keywords



## Keywords Consistentie

| Keyword | Content | Title | Keywords | Description | Headings |
|---------|---------|-------|----------|-------------|----------|
| fat     | 11      | ✓     | ✗        | ✗           | ✓        |
| buddha  | 11      | ✓     | ✗        | ✗           | ✓        |
| more    | 8       | ✗     | ✗        | ✗           | ✓        |
| bmi     | 8       | ✗     | ✗        | ✗           | ✓        |
| blog    | 7       | ✓     | ✗        | ✗           | ✓        |

## Bruikbaarheid

|                                                                                  |               |                                                 |
|----------------------------------------------------------------------------------|---------------|-------------------------------------------------|
|  | Url           | Domein : fatbuddha.blog<br>Lengte : 14          |
|  | Favicon       | Goed, uw website heeft een favicon.             |
|  | Printbaarheid | Jammer. We vonden geen Print-Vriendelijke CSS.  |
|  | Taal          | Goed. Uw ingestelde taal is en.                 |
|  | Dublin Core   | Deze pagina maakt geen gebruik van Dublin Core. |

## Document

|                                                                                    |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Doctype                | HTML 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|  | Encoding               | Perfect. Uw ingestelde Charset is UTF-8.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|  | W3C Validiteit         | Fouten : 0<br>Waarschuwingen : 0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|  | E-mail Privacy         | Geweldig er is geen e-mail adres gevonden als platte tekst!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|  | Niet ondersteunde HTML | Geweldig! We hebben geen niet meer ondersteunde HTML tags gevonden in uw HTML.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | Speed Tips             | <div>  Geweldig, uw website heeft geen tabellen in een tabel. </div> <div>  Jammer, uw website maakt gebruik van inline styles. </div> <div>  Jammer, uw website heeft teveel CSS bestanden (meer dan 4). </div> <div>  Jammer, uw website heeft teveel JS bestanden (meer dan 6). </div> <div>  Jammer, uw website haalt geen voordeel uit gzip. </div> |

## Mobile

|                                                                                  |                     |                     |
|----------------------------------------------------------------------------------|---------------------|---------------------|
|  | Mobile Optimization | ✓ Apple Icon        |
|                                                                                  |                     | ✓ Meta Viewport Tag |
|                                                                                  |                     | ✓ Flash content     |
|                                                                                  |                     |                     |

## Optimalisatie

|                                                                                    |             |                                                                                                                                                                                              |
|------------------------------------------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | XML Sitemap | Geweldig, uw website heeft een XML sitemap.                                                                                                                                                  |
|                                                                                    |             | <a href="http://fatbuddha.blog/sitemap.xml">http://fatbuddha.blog/sitemap.xml</a>                                                                                                            |
|                                                                                    |             | <a href="https://fatbuddha.blog/sitemap_index.xml">https://fatbuddha.blog/sitemap_index.xml</a>                                                                                              |
|    | Robots.txt  | <a href="http://fatbuddha.blog/robots.txt">http://fatbuddha.blog/robots.txt</a>                                                                                                              |
|                                                                                    |             | Geweldig uw website heeft een robots.txt bestand.                                                                                                                                            |
|  | Analytics   | Ontbrekend                                                                                                                                                                                   |
|                                                                                    |             | We hadden niet op te sporen van een analytics tool op deze website geplaatst.                                                                                                                |
|                                                                                    |             | Web Analytics laat u toe de bezoekersactiviteit op uw website te meten. U zou minstens 1 Analytics tool geïnstalleerd moeten hebben en een extra tool voor de bevestiging van de resultaten. |