

Website Analysis: pracesta.com

Generated on June 18 2025 21:08 PM

The score is 60/100

SEO Content

	Title	Length: 46 Perfect, your title contains between 10 and 70 characters.				ters.	
	Description	000000 00000 00000 0000000 00000 00000 0000			00000000 0000 00000 00000 d 160 characters.		
	Keywords			n't found meta enerator to cre			age. Use <u>this free</u>
	Og Meta Properties	Good, your	page ta	ke advantage	of Og Prop	erties.	
		Property	′	Content			
		locale		en_US			
		type		website			
		title		0000000 00C	100 000000		0000 -
		description		000000 00000 00000 0000000 00000 00000 0000 000000			
				https://pracesta.com/			
		site_name	9	Pracesta			
		updated_t	time	2025-05-137	Γ15:31:03+	-06:00	
•	Headings	H1 0	H2 3	H3 11	H4 0	H5 2	H6 0

SEO Content

	 [H2] 0000 0000000, 0000 0000 [H2] 0000 000000000 000 0000000 [H3] 00000 00000000 [H3] 00000 00000000 [H3] 000000000 00000000 [H3] 000000000 0000000 [H3] 00000000 0000000 0000000 [H3] 000000000 0000000 0000000 [H3] 000000000 0000000 0000000 [H3] 000000000 00000000 0000000 [H3] Standing Abs Workout: The Ultimate Guide to a Stronger Core or a Waste of Time? [H3] 000000000000000000000000000000000000
Images	We found 7 images on this web page. Good, most or all of your images have alt attributes
Text/HTML Ratio	Ratio: 4% This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
Flash	Perfect, no Flash content has been detected on this page.
Iframe	Great, there are no Iframes detected on this page.

SEO Links

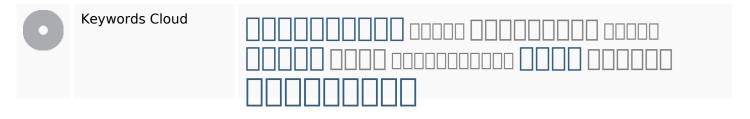
URL Rewrite	Good. Your links looks friendly!
Underscores in the URLs	Perfect! No underscores detected in your URLs.
In-page links	We found a total of 14 links including 0 link(s) to files
Statistics	External Links : noFollow 0%
	External Links : Passing Juice 0%
	Internal Links 100%

SEO Links

In-page links

Anchor	Туре	Juice
Skip to content	Internal	Passing Juice
	Internal	Passing Juice
Standing Abs Workout: The Ultimate Guide to a Stronger Core or a Waste of Time?	Internal	Passing Juice
[email :protected]	Internal	Passing Juice

SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
	9	×	×	×	✓
000000000	6	×	×	×	♥

Keywords Consistency

6	×	×	×	*
6	♥	×	*	♥
5	×	×	×	~

Usability

•	Url	Domain : pracesta.com Length : 12
	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
\bigcirc	Encoding	Perfect. Your declared charset is UTF-8.
8	W3C Validity	Errors: 1 Warnings: 0
②	Email Privacy	Great no email address has been found in plain text!
②	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
•	Speed Tips	Excellent, your website doesn't use nested tables.

Document

	×	Too bad, your website is using inline styles.
	~	Great, your website has few CSS files.
:	×	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	✓ Apple Icon
		✓ Meta Viewport Tag
		✓ Flash content

Optimization

	XML Sitemap	Great, your website has an XML sitemap.
		http://pracesta.com/sitemap.xml
		https://pracesta.com/sitemap_index.xml
	Robots.txt	http://pracesta.com/robots.txt Great, your website has a robots.txt file.
8	Analytics	Missing We didn't detect an analytics tool installed on this website. 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.