



Avaliação do site victoriousattitude.com

Gerado a 08 de Junho de 2025 10:37 AM

O resultado é de 41/100



Conteúdo SEO

	Título	Victorious Attitude - Self-Improvement and Motivational Blog Cumprimento : 60 Perfeito, o Título contém entre 10 e 70 caracteres.																					
	Descrição	Cumprimento : 0 Mau. Não encontrámos nenhuma Descrição META na sua página.																					
	Palavras-chave	Mau. Não detetámos palavras-chave META na sua página.																					
	Propriedades Og Meta	Boa! Esta página tira vantagens das propriedades Og. <table><thead><tr><th>Propriedade</th><th>Conteúdo</th></tr></thead><tbody><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Victorious Attitude</td></tr><tr><td>description</td><td>Self-Improvement and Motivational Blog</td></tr><tr><td>url</td><td>https://www.victoriousattitude.com/</td></tr><tr><td>site_name</td><td>Victorious Attitude</td></tr><tr><td>image</td><td>https://s0.wp.com/i/blank.jpg</td></tr><tr><td>locale</td><td>en_US</td></tr></tbody></table>						Propriedade	Conteúdo	type	website	title	Victorious Attitude	description	Self-Improvement and Motivational Blog	url	https://www.victoriousattitude.com/	site_name	Victorious Attitude	image	https://s0.wp.com/i/blank.jpg	locale	en_US
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	Cabeçalhos	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>0</td><td>15</td><td>1</td><td>6</td><td>0</td><td>0</td></tr></tbody></table> [H2] An Honest oVertone Extreme Silver and Vibrant Silver Review (+ Bonus Makki Grey Mask Review) [H2] Agendio Planner: If You Can't Find It, Create It [H2] Rainmeter Tutorial For Your Perfect Custom Desktop [H2] The Simplified Planner by Emily Ley: From Planner Dropout to 2 Successful Years of Growth						H1	H2	H3	H4	H5	H6	0	15	1	6	0	0				
H1	H2	H3	H4	H5	H6																		
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Conteúdo SEO

- [H2] Intro to Asian Skincare: How to Create an Asian Skincare Routine in 7 Easy Steps
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- [H2] An Honest oVertone Extreme Silver and Vibrant Silver Review (+ Bonus Makki Grey Mask Review)
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- [H2] Let's Try Tuesday: Crumbs and Whiskers Cat Cafe
- [H2] Working Without Winning: Overcome the Rut and Achieve Your Goals
- [H2] Let's Try: Taiko (Japanese Drums)
- [H2] Intro to Asian Skincare: What is Asian Skincare?
- [H3] Thanks for visiting! If you like my posts, please take a second to support me by white-listing this blog on AdBlocker.Also, enter your email below to be notified of new posts. Don't miss out!" , "reg_fields": { "name": { "label": "Name", "html": "text", "enb": 1, "name": "name"}, "email": { "label": "E-Mail", "html": "text", "enb": true, "mandatory": true, "name": "email"} } }, "opts_attrs": { "bg_number": "4", "txt_block_number": "1" }, "img_preview": "girl-2.jpg", "show_on": "1", "show_to": "5", "show_pages": "1", "type_id": "1", "views": "43109", "unique_views": "40814", "actions": "194", "date_created": "2015-01-13 19:22:48", "sort_order": "0", "show_in_admin_area": "0", "img_preview_url": "https://www.victoriousattitude.com/wp-content/plugins/popup-by-supsystic/assets/popup/img/preview/girl-2.jpg", "view_id": "100_928", "type": "common", "rendered_html": "#ppsPopupShell_100_928 {\n\twidth: 800px;\n\tfont-family:\n\t\"Montserrat\", Helvetica, Arial, sans-serif;\n\tfont-size: 14px;\n\tbackground: #61eda4;\n\tnbackground: -moz-linear-gradient(left, #61eda4 0%,#b1fff4 31%, rgba(201,3,49,1) 56%, rgba(201,3,49,1) 67%);\n\tnbackground: -webkit-gradient(linear, left top, right top, color-stop(0%, #61eda4), color-stop(31%,#b1fff4), color-stop(56%, rgba(201,3,49,1)), color-stop(67%, rgba(201,3,49,1)));\n\tnbackground: -webkit-linear-gradient(left, #61eda4 0%,#b1fff4 31%, rgba(201,3,49,1) 56%, rgba(201,3,49,1) 67%);\n\tnbackground: -o-linear-gradient(left, #61eda4 0%,#b1fff4 31%, rgba(201,3,49,1) 56%, rgba(201,3,49,1) 67%);\n\tnbackground: -ms-linear-gradient(left, #61eda4 0%,#b1fff4 31%, rgba(201,3,49,1) 56%, rgba(201,3,49,1) 67%);\n\tnbackground: linear-gradient(to right, #61eda4 0%,#b1fff4 31%, rgba(201,3,49,1) 56%, rgba(201,3,49,1) 67%);\n\tfilter: progid:DXImageTransform.Microsoft.gradient(startColorstr='#61eda4', endColorstr='#b1fff4', GradientType=1);}\n\n#ppsPopupShell_100_928,\n#ppsPopupShell_100_928 * {\n\twebkit-box-sizing: border-box;\n\tmoz-box-sizing: border-box;\n\tbox-sizing: border-box;\n}\n\n#ppsPopupShell_100_928 .ppsPopupLabel {\n\tcolor: #fff;\n\tfont-size: 31px;\n\tline-height: 1.2;\n\ttext-align: center;\n\tmargin-bottom: 50px;\n}\n\n#ppsPopupShell_100_928 .ppsPopupListsInner {\n\tbackground:#93ffd6; /* Old browsers */\n\tbackground: -moz-radial-gradient(center, ellipse"

Conteúdo SEO

```
cover,#93ffd6 0%, #61eda4 100%); /* FF3.6+ */\n
background: -webkit-gradient(radial, center center, 0px, center
center, 100%, color-stop(0%,#93ffd6), color-
stop(100%,#61eda4)); /* Chrome,Safari4+ */\n background:
-webkit-radial-gradient(center, ellipse cover,#93ffd6
0%,#61eda4 100%); /* Chrome10+,Safari5.1+ */\n
background: -o-radial-gradient(center, ellipse cover,#93ffd6
0%,#61eda4 100%); /* Opera 12+ */\n background: -ms-radial-
gradient(center, ellipse cover,#93ffd6 0%,#61eda4 100%); /*
IE10+ */\n background: radial-gradient(ellipse at
center,#93ffd6 0%,#61eda4 100%); /* W3C */\n filter:
progid:DXImageTransform.Microsoft.gradient(
startColorstr='#93ffd6',
endColorstr='#eaeaea',GradientType=1 ); /* IE6-9 fallback on
horizontal gradient */\n#ppsPopupShell_100_928
.ppsPopupTxt_0 .ppsTxtContent {\n\tpadding: 10px 10px 10px
50px;\n}\n#ppsPopupShell_100_928 .ppsPopupTxt_0 {\n\tfont-
size: 12px;\n}\n#ppsPopupShell_100_928 .ppsPopupTblCols
{\n\tdisplay: table;\n\tpadding:
0;\n}\n#ppsPopupShell_100_928 .ppsPopupLeftCol {\n\tdisplay:
table-cell;\n padding: 0; \twidth: 40%; \tvertical-align:
top;\n}\n#ppsPopupShell_100_928 .ppsLogo {\n \twidth:
auto;\n \theight: auto;\n \tdisplay:
block;\n}\n#ppsPopupShell_100_928 .ppsPopupRightCol {\n
color: #fff;\n \twidth: 60%;\n\tdisplay: table-cell;\n \tpadding:
50px 40px 20px;\n \ttext-align:
center;\n}\n#ppsPopupShell_100_928 .ppsSubscribeShell form
{\n\tpadding: 30px 50px 0;\n \ttext-align:
center;\n}\n#ppsPopupShell_100_928 .ppsSubscribeShell
input,\n#ppsPopupShell_100_928 .ppsSubscribeShell
.ppsSubSelect,\n#ppsPopupShell_100_928 .ppsSubscribeShell
textarea {\n\twidth: 100%;\n \tmargin-bottom: 10px;\n \theight:
35px;\n \tborder-radius: 0;\n}\n#ppsPopupShell_100_928
.ppsSubscribeShell input[type=text],#ppsPopupShell_100_928
.ppsSubscribeShell
input[type=email],#ppsPopupShell_100_928
.ppsSubscribeShell
input[type=password],#ppsPopupShell_100_928
.ppsSubscribeShell
input[type=email],\n#ppsPopupShell_100_928
.ppsSubscribeShell .ppsSubSelect,\n#ppsPopupShell_100_928
.ppsSubscribeShell textarea {\n \tbackground: #ffffff;\n
\tborder: 1px solid transparent;\n \tcolor: #000;\n \tpadding-
left: 10px;\n}\n#ppsPopupShell_100_928 .ppsSubscribeShell
.ppsSubSelect {\n\tdisplay: table;\n \ttext-align:
left;\n}\n#ppsPopupShell_100_928 .ppsSubscribeShell
.ppsSubSelectLabel,\n#ppsPopupShell_100_928
.ppsSubscribeShell select {\n\tdisplay: table-
cell;\n}\n#ppsPopupShell_100_928 .ppsSubscribeShell
.ppsSubSelectLabel {\n\topacity:
0.5;\n}\n#ppsPopupShell_100_928 .ppsSubscribeShell select
{\n\twidth: 100%;\n \tbackground-color: transparent;\n \theight:
40px;\n \tborder: none;\n \tfont-size: 17px;\n \tcolor: #fff;\n
\tmargin-left: -15px;\n}\n#ppsPopupShell_100_928
.ppsSubscribeShell textarea {\n\tfont-family: inherit;\n \theight:
auto;\n padding: 20px 5px;\n}\n#ppsPopupShell_100_928
```

Conteúdo SEO

[illegible]

Conteúdo SEO

```
a:hover, .slicknav_nav a:hover { background:#61eda4; }
.slicknav_nav li a:hover, .slicknav_nav a:hover { color;; }
.slicknav_nav li { border-color;; } #top-social a {
color:#61eda4; } #top-social a:hover { background:#61eda4;
} #top-social a:hover { color:#ffffff; } #top-search i {
color:#61eda4; } .show-search #searchform input#s {
color:#61eda4; } .widget-title { color: ;} .widget-title:after {
background-color;; } .social-widget a i { color:#61eda4; }
.widget-social a { color:#61eda4; } .social-widget a i:hover {
background:#61eda4; } .widget-social a:hover { color;; }
#footer-social { background:#61eda4; } #footer-social a i {
color:#61eda4; } #footer-social a i { background;; } #footer-
social { border-color;; } .copyright { color:#7a7a7a; }
.copyright a { color:#61eda4; } #header h1, #header h1 a {
font-family;; } #header h2 { font-family;; } #nav-wrapper
.menu li a { font-family;; } body, .widget .tagcloud a, .overlay
.meta, input, textarea, .archive-box h1, .side-meta a, .widget
.trending_cat a, .post-pagination, .author-written-by, .post-date,
.post-header .cat a, .list-item .cat a, .post-header .cat, .list-item
.cat, .featured-area-carousel .feat-more, .featured-area .feat-
more, .featured-area .feat-overlay .cat a { font-family;; }
h1,h2,h3,h4,h5,h6, .feat-more, .cat, .post-share .post-share-
comments, .about-title, #footer-social a, .post-comments
span.reply a, .pagination a, .post-tags a, .slicknav_nav a, .show-
search #searchform input#s, .woocommerce.widget li a,
.woocommerce-checkout .shop_table th, .woocommerce-
checkout .shop_table th, .woocommerce table.shop_table
thead, .woocommerce .cart-collaterals .cart_totals th,
.woocommerce div.product p.stock, .woocommerce #respond
input#submit, .woocommerce .woocommerce-tabs
.description_tab, .woocommerce .woocommerce-tabs
.reviews_tab, .woocommerce button.button.alt, .woocommerce
div.product .product_title, .woocommerce a.button,
.woocommerce h1.page-title, input[type=submit], .archive-box
span, .instagram-title, .side-text h4 a,
.widget_recent_comments ul li > a, .widget_recent_entries a,
.widget .trending_overlay h4 a, .widget .list_cat_with_img li h2
a, #respond h3, .item-related h3 a, .post-share-box.share-
author a, .more-link { font-family;; } #header h1, #header h1 a
{ font-size:px; } #header h2 { font-size:px; } #nav-wrapper
.menu li a, #nav-wrapper ul.menu ul a { font-size:px; } #top-
social a, #top-search a.search i.fa { font-size:px; } .post-header
h2 a, .post-header h1 { font-size:px; } .grid-item .post-header
h2 a, .ms-item .post-header h2 a { font-size:px; } .list-item
.post-header h2 a { font-size:px; } body { font-size:px; } .post-
header .cat a { font-size:px; } .widget-title { font-size:px; }
.widget p { font-size:px; } .post-header h2 a, .post-header h1,
.overlay h2 a, #owl-demo .item .feat-overlay h3 a, .widget
ul.lastest_news li a, .widget_recent_entries a,
.widget_recent_comments ul li > a { color;; } .post-header .cat
a, .post-header .cat, .list-item .cat a, .list-item .cat {
color:#61eda4; } .post-date { color;; } .post-entry p { color;; }
.post-entry h1, .post-entry h2, .post-entry h3, .post-entry h4,
.post-entry h5, .post-entry h6 { color;; } .more-link {
color:#61eda4; } .more-link { border-color;; } a.more-
link:hover { color;; } a.more-link:hover { background-
```

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```
color:#61eda4; } a.more-link:hover { border-color:#61eda4; }
.post-share-box.share-buttons a i { color:#61eda4; } .post-
share-box.share-buttons a i { border-color;; } .post-share-
box.share-buttons a i:hover { color;; } .post-share-box.share-
buttons a i:hover { background-color:#61eda4; } .post-share-
box.share-buttons a i:hover { border-color:#61eda4; }
#instagram-footer .widget_mc4wp_form_widget { background;;
} .mc4wp-form label { color;; } .mc4wp-form button, .mc4wp-
form input[type=button], .mc4wp-form input[type=submit] {
background:#61eda4; color;; } .mc4wp-form button:hover,
.mc4wp-form input[type=button]:hover, .mc4wp-form
input[type=submit]:hover { background;; color;; } a, .widget
.tagcloud a, .widget ul li a, #owl-demo .item .feat-overlay .cat
a, .backtotop a, .backtotop, .woocommerce ul.products
h3:hover, .woocommerce div.product p.price, .woocommerce
.woocommerce-message:before, .woocommerce
.woocommerce-info:before, .woocommerce a.button,
.woocommerce button.button.alt, .woocommerce
ul.product_list_widget .star-rating,
.woocommerce.widget_product_categories li a, .post-pagination
.post-next a:hover, .author-content .author-social:hover, .post-
pagination .post-prev a:hover { color:#61eda4; } .featured-
area-carousel .feat-more, .post-tags a:hover, .backtotop:hover,
.backtotop a:hover, .woocommerce span.onsale,
.woocommerce a.button:hover, .woocommerce
button.button.alt:hover, .woocommerce #respond
input#submit:hover, .woocommerce input.button:hover,
.woocommerce a.button.alt:hover, .woocommerce
input.button.alt:hover, .woocommerce.widget
input[type="submit"], .pagination a:hover, #respond
#submit:hover, .wpcf7 .wpcf7-submit {background-
color:#61eda4;} .woocommerce .woocommerce-message,
.woocommerce .woocommerce-info { border-color:#61eda4; }
.blog .promo-item { height:px; } .page-template-page-landing-
page .promo-item, .page-template-page-landing-page-2 .promo-
item, .page-template-page-landing-page-sidebar .promo-item,
.page-template-page-landing-page-2-sidebar .promo-item {
height:px; } .single .post-img img {display: none !important;}
#wpadminbar .quicklinks #wp-admin-bar-nfd-site-visibility-
badge a.ab-item { background-color: #F6F7F7; color: black;
margin-top:7px; padding: 0 6px; height: 18px; line-height:
17px; border-radius: 2px; } #wpadminbar .quicklinks #wp-
admin-bar-nfd-site-visibility-badge a.ab-item:hover,
#wpadminbar .quicklinks #wp-admin-bar-nfd-site-visibility-
badge a.ab-item:focus { background-color: #DCDCDE; }
#wpadminbar .quicklinks #wp-admin-bar-nfd-site-visibility-
badge a.ab-item:focus { outline: var(--wp-admin-border-width-
focus) solid var(--wp-admin-theme-color-darker-20); }
#wpadminbar .quicklinks #wp-admin-bar-nfd-site-visibility-
badge.nfd-site-status-badge-live a.ab-item { background-color:
#E6F2E8; color: #00450C; } #wpadminbar .quicklinks #wp-
admin-bar-nfd-site-visibility-badge.nfd-site-status-badge-live
a.ab-item:hover, #wpadminbar .quicklinks #wp-admin-bar-nfd-
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background-color: #B8E6BF; } #wpadminbar .quicklinks #wp-
admin-bar-nfd-site-visibility-badge.nfd-site-status-badge-hidden
```

Conteúdo SEO

		<pre>{ display: none; }</pre> Home Blog All Posts Beauty and Wellness Personal Growth and Relationships Social Responsibility Home and Hobbies Career and Finances Announcements About About FAQ Contact Me • [H4] Beauty and Wellness • [H4] Personal Growth and Relationships • [H4] Social Responsibility • [H4] Home and Hobbies • [H4] About Me • [H4] Don't Miss Anything!
	Imagens	Encontrámos 15 imagens nesta página. 8 atributos ALT estão vazios ou em falta. É recomendado adicionar texto alternativo de modo a que os motores de busca identifiquem melhor o conteúdo das suas imagens.
	Rácio Texto/HTML	Rácio : 10% O rácio de texto para código HTML desta página é menor que 15 por cento, o que significa que provavelmente é necessário de adicionar mais conteúdos em forma de texto.
	Flash	Perfeito, não foi encontrado conteúdo Flash nesta página.
	Iframe	Excelente, não foram detetadas Iframes nesta página.

Ligações SEO

	Reescrita de URL	Mau. Existem ligações que contêm 'query strings' (sequências de consulta).
	Underscores (traços inferiores) nas URLs	Detetámos 'underscores' (traços inferiores) nas suas URLs. O uso hífen é mais eficiente em termos de otimização SEO.
	Ligações para a própria página	Encontrámos um total de 42 ligações incluindo 0 ligações a ficheiros
	Statistics	Ligações externas : noFollow 2.38% Ligações externas : Passa sumo 11.9% Ligações internas 85.71%

Ligações para a própria página

Âncoras	Tipo	Sumo
Home	Internas	Passa sumo
Blog	Internas	Passa sumo
Beauty and Wellness	Internas	Passa sumo
Personal Growth and Relationships	Internas	Passa sumo
Social Responsibility	Internas	Passa sumo
Home and Hobbies	Internas	Passa sumo
Career and Finances	Internas	Passa sumo
Announcements	Internas	Passa sumo
About	Internas	Passa sumo
FAQ	Internas	Passa sumo
Contact Me	Internas	Passa sumo
An Honest oVertone Extreme Silver and Vibrant Silver Review (+ Bonus Makki Grey Mask Review)	Internas	Passa sumo
Hair and Makeup	Internas	Passa sumo
Agendio Planner: If You Can't Find It, Create It	Internas	Passa sumo
Goals	Internas	Passa sumo
Motivation	Internas	Passa sumo
Organization	Internas	Passa sumo
Rainmeter Tutorial For Your Perfect Custom Desktop	Internas	Passa sumo
The Simplified Planner by Emily Ley: From Planner Dropout to 2 Successful Years of Growth	Internas	Passa sumo
Intro to Asian Skincare: How to Create an Asian Skincare Routine in 7 Easy Steps	Internas	Passa sumo
Skin Care	Internas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
READ MORE	Internas	Passa sumo
Let's Try Tuesday: Crumbs and Whiskers Cat Cafe	Internas	Passa sumo
Let's Try Tuesday	Internas	Passa sumo

Ligações para a própria página

Working Without Winning: Overcome the Rut and Achieve Your Goals	Internas	Passa sumo
Mental Health	Internas	Passa sumo
Let's Try: Taiko (Japanese Drums)	Internas	Passa sumo
Intro to Asian Skincare: What is Asian Skincare?	Internas	Passa sumo
Popup Plugin	Externas	noFollow
Skip to toolbar	Internas	Passa sumo
WordPress.org	Externas	Passa sumo
Documentation	Externas	Passa sumo
Learn WordPress	Externas	Passa sumo
Support	Externas	Passa sumo
Feedback	Externas	Passa sumo
Log In	Internas	Passa sumo
Register	Internas	Passa sumo
settings	Internas	Passa sumo
Optimize now	Internas	Passa sumo
Need help?	Internas	Passa sumo

Palavras-chave SEO

	Núvem de palavras-chave	skincare personal goals score asian read relationships growth planner blog
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Consistência das Palavras-chave

Palavra-chave	Conteúdo	Título	Palavras-chave	Descrição	Cabeçalhos
blog	17	✓	✗	✗	✓
skincare	15	✗	✗	✗	✓

Consistência das Palavras-chave

asian	15	✖	✖	✖	✓
growth	11	✖	✖	✖	✓
personal	9	✖	✖	✖	✓

Usabilidade

	Url	Domínio : victoriousattitude.com Cumprimento : 22
	Favicon	Ótimo, o site tem um favicon.
	Facilidade de Impressão	Não encontramos CSS apropriado para impressão.
	Língua	Otimo! A língua declarada deste site é en.
	Dublin Core	Esta página não tira vantagens do Dublin Core.

Documento

	Tipo de Documento	HTML 5
	Codificação	Perfeito. O conjunto de caracteres UTF-8 está declarado.
	Validação W3C	Erros : 123 Avisos : 47
	Privacidade do Email	Aviso! No mínimo, foi encontrado um endereço de email sob a forma de texto. Isto é um convite para que spammers entupam a caixa de correio deste endereço.
	HTML obsoleto	Fantástico! Não detetámos etiquetas HTML obsoletas.
	Dicas de Velocidade	 Excelente, este site não usa tabelas dentro de tabelas.  Oh não, o site usa estilos CSS nas etiquetas HTML.

Documento

- ✖ Oh, não! O site utiliza demasiados ficheiros CSS (mais que 4).
- ✖ Oh, não! O site utiliza demasiados ficheiros JavaScript (mais que 6).
- ✖ Atenção, o site não tira vantagem da compressão gzip.

Dispositivos Móveis



Otimização para dispositivos móveis

- ✖ Icon Apple
- ✓ Meta Viewport Tag
- ✓ Conteúdo Flash

Otimização



XML Sitemap

Perfeito, o site tem um mapa XML do site (sitemap).

<http://victoriousattitude.com/sitemap.xml>
<https://www.victoriousattitude.com/wp-sitemap.xml>



Robots.txt

<http://victoriousattitude.com/robots.txt>

Perfeito, o seu site tem um ficheiro robots.txt.



Analytics

Perfeito, o site tem uma ferramenta analítica para a análise de atividade.



Google Analytics