

# Website review lunchcoach.pl

Generated on January 31 2024 23:16 PM





The score is 52/100







## SEO Content

	Title	Strona główna Length : 13 Perfect, your title contains between 10 and 70 characters.														
	Description	Jestem dietetykiem klinicznym. Specjalizuję się w dietach przy PCOS i insulinooporności. Poznaj ofertę - konsultacje przy PCOS, jadłospisy. Length : 139 Great, your meta description contains between 70 and 160 characters.														
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.														
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>pl_PL</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Strona główna</td></tr><tr><td>description</td><td>Jestem dietetykiem klinicznym. Specjalizuję się w dietach przy PCOS i insulinooporności. Poznaj ofertę - konsultacje przy PCOS, jadłospisy.</td></tr><tr><td>url</td><td>https://lunchcoach.pl/</td></tr><tr><td>image</td><td>http://lunchcoach.pl/wp-content/uploads/2023/11/lunchcoach-dieta-w-pcos-26.jpg</td></tr></tbody></table>	Property	Content	locale	pl_PL	type	website	title	Strona główna	description	Jestem dietetykiem klinicznym. Specjalizuję się w dietach przy PCOS i insulinooporności. Poznaj ofertę - konsultacje przy PCOS, jadłospisy.	url	https://lunchcoach.pl/	image	http://lunchcoach.pl/wp-content/uploads/2023/11/lunchcoach-dieta-w-pcos-26.jpg
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	Headings	<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>1</td><td>10</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>[H1] Odzyskaj równowagę hormonalną i wygraj z PCOS z moją</li></ul>	H1	H2	H3	H4	H5	H6	1	10	0	0	0	0		
H1	H2	H3	H4	H5	H6											
1	10	0	0	0	0											

## SEO Content

		<p>pomocą</p> <ul style="list-style-type: none"><li>• [H2] Cześć!</li><li>• [H2] Ty także pragniesz odzyskać równowagę hormonalną?</li><li>• [H2] Mogę Ci pomóc!</li><li>• [H2] Sprawdź, jak mogę Ci pomóc!</li><li>• [H2] Poznajmy się!</li><li>• [H2] Jestem Agata i będę Twoją przewodniczką w drodze do zdrowia hormonalnego</li><li>• [H2] Opinie</li><li>• [H2] Sprawdź, jak pomogłam innym kobietom wygrać z PCOS!</li><li>• [H2] Twój prezent!</li><li>• [H2] Sprawdź mój podcast!</li></ul>
	Images	<p>We found 30 images on this web page.</p> <p>9 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 1%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

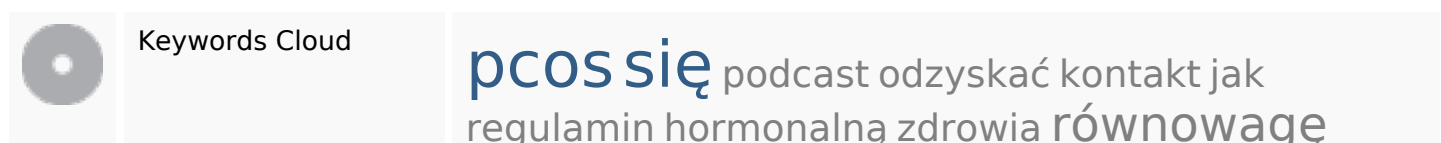
## SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 15 links including 0 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 6.67%</p> <p>Internal Links 93.33%</p>

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">O mnie</a>	Internal	Passing Juice
<a href="#">podcast</a>	Internal	Passing Juice
<a href="#">=</a>	Internal	Passing Juice
<a href="#">Moje konto</a>	Internal	Passing Juice
<a href="#">Sklep</a>	Internal	Passing Juice
<a href="#">Kontakt</a>	Internal	Passing Juice
<a href="#">Współpraca 1:1</a>	Internal	Passing Juice
<a href="#">jadłospisy i e-booki</a>	Internal	Passing Juice
<a href="#">Oferta dla firm</a>	Internal	Passing Juice
<a href="#">Regulamin</a>	Internal	Passing Juice
<a href="#">Polityka prywatności i cookies</a>	Internal	Passing Juice
<a href="#">Regulamin publikacji komentarzy</a>	Internal	Passing Juice
<a href="#">Regulamin newslettera</a>	Internal	Passing Juice
<a href="#">Produktywna Freelancerka</a>	External	Passing Juice

## SEO Keywords



## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
się	11	✘	✘	✔	✔
pcos	9	✘	✘	✔	✔
równowagę	5	✘	✘	✘	✔
zdrowia	4	✘	✘	✘	✔

# Keywords Consistency

podcast

4



## Usability





	Url	Domain : lunchcoach.pl Length : 13
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is pl.
	Dublin Core	This page does not take advantage of Dublin Core.

## Document




	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 30 Warnings : 4
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Too bad, your website does not take advantage of gzip.</li></ul>

# Document

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <ul style="list-style-type: none"><li><a href="http://lunchcoach.pl/sitemap.xml">http://lunchcoach.pl/sitemap.xml</a></li><li><a href="http://lunchcoach.pl/wpms-sitemap.xml">http://lunchcoach.pl/wpms-sitemap.xml</a></li></ul>
	Robots.txt	<p><a href="http://lunchcoach.pl/robots.txt">http://lunchcoach.pl/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>