



# Website review lunchcoach.pl

Generated on January 31 2024 23:15 PM





The score is 53/100







## SEO Content

	<b>Title</b>	<p>Strona główna</p> <p><b>Length : 13</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	<b>Description</b>	<p>Jestem dietetykiem klinicznym. Specjalizuję się w dietach przy PCOS i insulinooporności. Poznaj ofertę - konsultacje przy PCOS, jadłospisy.</p> <p><b>Length : 139</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<b>Keywords</b>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	<b>Og Meta Properties</b>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 1906"> <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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	<b>Headings</b>	<table border="1" data-bbox="539 1935 1481 2007"> <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 data-bbox="619 2033 1481 2069" style="list-style-type: none"> <li>[H1] Odzyskaj równowagę hormonalną i wygraj z PCOS z moja</li> </ul>	H1	H2	H3	H4	H5	H6	1	10	0	0	0	0		
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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 : <b>1%</b></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 Cloud

odzyskać zdrowia swoją **pcos się** kontakt  
hormonalną **równowagę** podcast jak

## Keywords Consistency

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

# Keywords Consistency

kontakt

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></ul>

## Document

✔ Perfect, your website takes advantage of gzip.

## Mobile



### Mobile Optimization

✘ Apple Icon

✔ Meta Viewport Tag

✔ Flash content

## Optimization



### XML Sitemap

Great, your website has an XML sitemap.

<http://lunchcoach.pl/wpms-sitemap.xml>



### Robots.txt

<http://lunchcoach.pl/robots.txt>

Great, your website has a robots.txt file.



### 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.