

OFF-PAGE SEO SUBMISSION REPORT

Project: 21-Day Weight Loss Meal Plan – Free eBook

Prepared For: Client SEO Optimization

Prepared By: Anjali Gupta

Objective: Increase visibility, ranking, and domain authority of the landing page using high-authority off-page SEO activities.

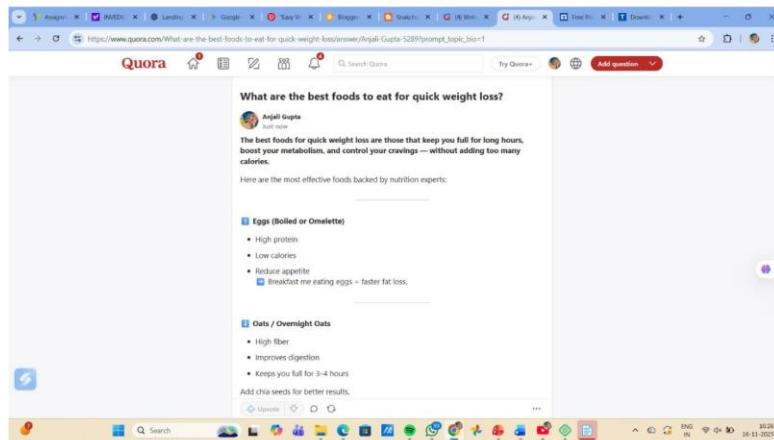
Video Submission – YouTube

The screenshot shows the YouTube Studio interface. The left sidebar is open, showing options like Dashboard, Content, Analytics, Community, Subtitles, Content detection, Settings, and Send feedback. The main area is titled 'Channel content' and has tabs for Inspiration, Videos, Shorts, Live, Posts, Playlists, Podcasts, Promotions, and Collaborations. The 'Shorts' tab is selected. A video thumbnail for '21-Day Weight Loss Meal Plan | Free eBook Download' is listed, showing 619 views and published on Nov 16, 2025. The video has a visibility level of Public and no restrictions. The right side of the screen shows a search bar and navigation buttons.

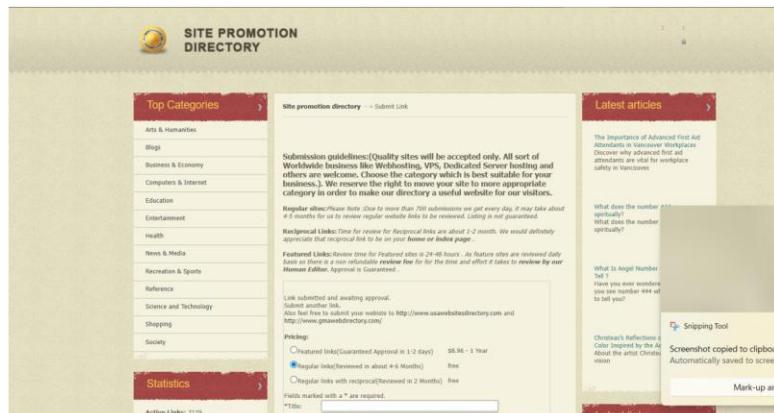
Image Submission – Imgur

The screenshot shows a web browser window with several pinned pins on the left sidebar. One pin is titled 'Easy Weight Loss Breakfast' and features a photo of a meal. Another pin shows two people exercising. Other pins include 'Select complex details, fast.', 'How to start a diet with exercise and maintain a healthy diet', and 'October inflation: Pintap for December rate cut?'. The browser's address bar shows the URL <https://imgur.com/pin/1031254014689527400>.

Quora Answer Submission



Directory Submission



Submission guidelines:(Quality sites will be accepted only. All sort of Worldwide business like Webhosting, VPS, Dedicated Server hosting and others are welcome. Choose the category which is best suitable for your business.). We reserve the right to move your site to more appropriate category in order to make our directory a useful website for our visitors.

Regular sites:*Please Note :Due to more than 700 submissions we get every day, it may take a 4-5 months for us to review regular website links to be reviewed. Listing is not guaranteed.*

Reciprocal Links:*Time for review for Reciprocal links are about 1-2 month. We would definitely appreciate that reciprocal link to be on your **home or index page** .*

Featured Links:*Review time for Featured sites is 24-48 hours . As feature sites are reviewed on basis so there is a non refundable **review fee** for the time and effort it takes to **review by Human Editor**. Approval is Guaranteed .*

Link submitted and awaiting approval.
Submit another link.
Also feel free to submit your website to <http://www.usawebsitedirectory.com> and
<http://www.gmawebdirectory.com>/

Pricing:

- Featured links(Guaranteed Approval in 1-2 days) \$8.96 - 1 Year
- Regular links(Reviewed in about 4-6 Months) free
- Regular links with reciprocal(Reviewed in 2 Months) free

Fields marked with a * are required.

*Title:

DirectoryWorld

Title

Free 21 Day Weight Loss Meal Plan Eat Healthy & Lose Fat Naturally

Description

"Download your free 21-Day Weight Loss Meal Plan designed to help you eat healthy, feel lighter, and lose weight naturally. This beginner-friendly plan includes daily meal charts, balanced recipes, grocery lists, calorie guidance, and simple nutrition tips. Get the eBook here → [Landing Page - Fit21Days.com]"