

SEO PROJECT

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SEO (Search Engine Optimization)

SEO is the process of improving a website so it appears higher in search engine results (like Google) when people search for something.

Main types of SEO :

- On-Page SEO
- Off-Page SEO
- Technical SEO

1. On-Page SEO

- Title tags
- Meta description
- Headings (H1, H2, H3)
- Keywords in content
- Image alt text

2. Off-Page SEO

- Backlinks from other websites
- Social media sharing
- Guest posting

3. Technical SEO

- Website speed
- Mobile-friendliness
- SSL (HTTPS)
- XML sitemap
- Robots.txt
- Fixing errors

Dashboard (Fit Studio)

← → ⌛ fitstudio.free.nf/wp-admin/?i=1

Fit Studio 10 0 + New Rank Math SEO WPCode Howdy, admin Screen Options Help

Dashboard

WordPress 6.8.3 is available! [Please update now.](#)

Dashboard

Hi, there! 🎉 We're here to help

Launch the Setup Wizard 🎊

The Setup Wizard is here to help you start a website in minutes. Check out our library of full site templates, and choose one to get started fast. Then simply adjust anything and everything, or start adding content.

[Launch the Setup Wizard](#)

Highly recommended: Unlock free power options with Ocean Extra

You are just one step away - [Complete "Royal Elementor Addons" Activation Now](#)

Royal Elementor Addons

15°C Clear

Search

9:30 pm
01/12/2025



Fit Studio

fitstudio.free.nf

Fit Studio Customize Rank Math SEO WPCode Howdy, admin

Home contact us About us Services OUR MISSION

Fit Studio

Exercise to keep Fit

Your Workout Isn't Just Physical — It's Mental

admin - July 19, 2025 - Uncategorized - 0 Comments

YOUR WORKOUT We often think of working out as something we do for our bodies: to get stronger, leaner, or healthier. But what if the most powerful transformation happens in...

[Continue Reading >](#)

Edit

15°C Clear

Search

9:58 pm
01/12/2025

Posts

Howdy, admin						
	Title	Author	Categories	Tags	Date	SEO Details
<input type="checkbox"/>	Your Workout Isn't Just Physical — It's Mental	admin	Uncategorized	—	Published 2025/07/19 at 7:44 pm	73 / 100 Keyword: Your Workout Schema: Article (BlogPosting) Links: 0 0 0
<input type="checkbox"/>	What to Expect from Your First Month at Fit Studio	admin	Uncategorized	—	Published 2025/07/19 at 7:26 pm	81 / 100 Keyword: your first month at fit studio Schema: Article (BlogPosting) Links: 0 1 0
<input type="checkbox"/>	Mia's Top 5 Tips for Staying Strong (Even on Bad Days)	admin	Uncategorized	—	Published 2025/07/19 at 4:33 am	84 / 100 Keyword: mia Schema: Article (BlogPosting) Links: 0 1 0

Blog

fitstudio.free.nf/wp-admin/post.php?post=196&action=edit

Edit with Elementor

Mia's Top 5 Tips for Staying Strong... · Post Ctrl+K

84 / 100 0 / 100 Save

Most people are conditioned to suppress negative emotions. "Don't cry," "Be strong," or "Just move on." But Mia believes the first real act of strength is honesty—with yourself

When you try to avoid or numb your feelings, they don't disappear—they just grow in the dark. Allowing yourself to feel, name, and express your emotions is the first step in regaining control.



Post Block

Mia's Top 5 Tips for Staying Strong (Even on Bad Days)

[Set featured image](#)

[Generate with Elementor AI](#)

[Add an excerpt...](#)

2,246 words, 12 minutes read time.
Last edited 4 minutes ago.

Status Published

Publish July 19, 2025
4:33 am UTC+0

Slug mias-tips-for-staying-strong

Author admin

WPCode Page Scripts

Post

1 15°C Clear

Search

9:41 pm 01/12/2025

Keywords :-

“ Search terms used by users “

Types of Keywords in SEO :

1. **Short-Tail Keywords** : 1–2 words , High search volume, high competition.

Examples : Shoes , Mobile

2. **Long-Tail Keywords** : 3+ words , Low competition, high intent

Examples : Best running shoes for men ,SEO tips for beginner

- 3. Informational Keywords :** Used to learn something.
Examples: What is SEO ? , How keywords work.
- 4. Navigational Keywords :** Used to find a specific website or Brand.
Examples: Facebook login , Amazon Pakistan.
- 5. Transactional Keywords :** Used when user wants to buy or Take action.
Examples: Order pizza online, Buy iPhone 15
- 6. Commercial Keywords :** Research before buying.
Examples: Best laptops for students,Top hosting services.
- 7. LSI Keywords (Related Keywords) :** Related terms that support main keyword in your browsers (Googles ,Yahoo..)

Google Search Console

Intigration of GSC :-

The screenshot shows a browser window for Google Search Console. The address bar displays the URL `search.google.com/search-console/welcome?utm_source=about-page`. A prominent green modal dialog box is centered on the page, stating "Ownership auto verified" with a checkmark icon. Below this, it says "Verification method: HTML tag". A note below the method states: "To stay verified, don't remove the meta tag from your site's home page. To avoid losing verification, you may want to add multiple verification methods from the Settings > Ownership verification." At the bottom of the modal are two buttons: "DONE" and "GO TO PROPERTY". In the background, the main Google Search Console interface is visible, showing sections like "Properties" and "Dashboard". The taskbar at the bottom of the screen includes icons for File Explorer, Task View, Edge, and other system tools, along with the date and time (12:02 pm, 02/12/2025).

GSC (overview board)

Google Search Console Overview for https://fitstudio.free.nf/

Overview

Indexing: 1 not indexed page, 2 indexed pages

Core Web Vitals

Submit Sitemap in GSC

A screenshot of a web browser displaying the Google Search Console interface. The URL in the address bar is `search.google.com/search-console/sitemaps?resource_id=http%3A%2F%2Ffit-studio.free.nf%2F`. The left sidebar shows navigation links for Insights, Performance, URL inspection, Indexing (with 'Pages' selected), Sitemaps (selected), Removals, Experience, Core Web Vitals, and Security & Manual Actions. The main content area is titled 'Sitemaps' and contains a green success message box with the text 'Sitemap submitted successfully'. Below the message, it says 'Google will periodically process it and look for changes. You will be notified if anything goes wrong with it in the future.' A 'Dismiss' button is located in the bottom right corner of this message box. To the right of the message box, there's a 'SUBMIT' button and a 'Sitemaps' section with a table showing one item: '/sitemap.xml' (Unknown, Dec 2, 2025, Couldn't). At the bottom, there are 'Learn more' and 'Got it' buttons. The bottom of the screen shows the Windows taskbar with various pinned icons and the system tray.

Sitemaps

Inspect any URL in "http://fit-studio.free.nf/"

?

1

Google Search Console

http://fit-studio.free.nf/

Insights

Performance

URL inspection

Indexing

Pages

Sitemaps

Removals

Experience

Core Web Vitals

Security & Manual Actions

Sitemap submitted successfully

Google will periodically process it and look for changes. You will be notified if anything goes wrong with it in the future.

Dismiss

SUBMIT

/sitemap.x.xml Unknown Dec 2, 2025 Couldn't

Sitemaps

See sitemaps that Google has found on your site, and submit new ones.

Learn more Got it

USD/INR +0.43%

Search

4:24 pm
02/12/2025

Robots.txt

The screenshot shows a web browser window with the address bar displaying "Not secure fit-studio.free.nf/robots.txt". The page content is as follows:

```
User-agent: *
Disallow: /wp-admin/
Allow: /wp-admin/admin-ajax.php

Sitemap: http://fit-studio.free.nf/sitemap_index.xml
```

The browser interface includes a tab bar with several open tabs, a toolbar with icons for search, refresh, and navigation, and a system tray at the bottom showing the date and time (02/12/2025, 4:35 pm).

Edit Robots.txt File in Rankmath

Not secure fit-studio.free.nf/wp-admin/admin.php?page=rank-math-options-general&view=robots

My Blog 2 New Rank Math SEO WPCode Howdy, Admin

Media Pages Comments

Rank Math SEO

Dashboard Content AI New! Analytics

General Settings Titles & Meta Sitemap Settings Instant Indexing SEO Analyzer Status & Tools Help & Support Cyber Monday Sale

Appearance Plugins 1 Users

Take your SEO to the Next Level! Get Rank Math PRO! [Click here to see all the exciting features.](#)

Edit robots.txt

Edit your robots.txt file to control what bots see. [Learn more.](#)

Leave the field empty to let WordPress handle the contents dynamically. If an actual robots.txt file is present in the root folder of your site, this option won't take effect and you have to edit the file directly, or delete it and then edit from here.

User-agent: *

Disallow: /wp-admin/

Allow: /wp-admin/admin-ajax.php

Sitemap: http://fit-studio.free.nf/sitemap_index.xml

Links Breadcrumbs Webmaster Tools Others Edit robots.txt Edit .htaccess Blocks

4:37 pm 02/12/2025

Redirections :-

Not secure fit-studio.free.nf/wp-admin/admin.php?page=rank-math-redirections

My Blog New Rank Math SEO WPCode Howdy, Admin

Redirections

Add New Export Options Learn More Settings

All (3) | Active (3) | Inactive (0) | Trash (0)

Bulk actions Apply 3 items

From	To	Type	Hits	Created	Last Accessed
2025/12/02/from-burnout-to-balance-real-stories-from-our-members/	http://fit-studio.free.nf/2025/12/02/cardio-vs-strength-what-your-body-actually-needs/	302	0	December 2, 2025, 12:02	December 2, 2025, 12:02
2025/12/02/mias-top-5-tips-for-staying-strong-even-on-bad-days/	http://fit-studio.free.nf/2025/12/02/from-burnout-to-balance-real-stories-from-our-members/	302	0	December 2, 2025, 12:02	December 2, 2025, 12:02
2025/12/02/your-workout-isnt-just-physical-its-mental/	http://fit-studio.free.nf/What to Expect from Your First Month at Fit Studio	307	2	December 2, 2025, 11:57	December 2, 2025, 12:01

1

Search

5:03 pm 02/12/2025

Canonical Tags

From Burnout to Balance - Recal

Stories from Our Members



WPCODE PAGE SCRIPTS

Post

16°C
Sunny



Search



10:34 am
03/12/2025

Rank Math

ADVANCED ROBOTS META

Max Snippet ?

-1

Max Video Preview ?

-1

Max Image Preview ?

Large ▾

Canonical URL ?

<http://fit-studio.free.nf/2025/12/02/c>

Redirect

REDIRECTION TYPE

307 Temporary Redirect ▾

DESTINATION URL

<http://fit-studio.free.nf/2025/12/02/c>

Schema Markup

Week 1: Getting started

Type / to choose

In your first week, you will learn how to move your body. You'll start with simple exercises safely at home.

- Studio introduction
- Beginner-friendly exercises
- Trainer support

Week 2: Building strength

Your body starts to change

WPCode Page Scripts

Post > Paragraph



6:10 pm

02/12/2025

HEADLINE *

FIT-STUDIO

DESCRIPTION

FIT-STUDIO now provides all exercises you select. All the exercise are available now in one platform .Now you can join us.Every workout challenges your discipline and focus. Showing up, pushing through tiredness, and staying consistent builds mental toughness that carries into daily life.

KEYWORDS *

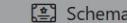
Mental-health

ARTICLE TYPE *

- Article
- Blog Post
- News Article

Save for this Post

Rank Math



Configure Schema Markup for your pages. Search engines, use structured data to display rich results in SERPs. [Learn more](#).

Schema in Use

Multiple Schemas are allowed in the [PRO Version](#)

Article



Schema Generator

SERP (Search Engine Results Page) : The page

Google (or other search engines) shows after someone searches.

Example: When you search “FIT-STUDIO”, the lists of link and snippets is
Called Serp.

Crawling: When search engine visits your sites pages to discover
Content.

Example: Googlebot scan your pages and links.

Indexing: When search engines store your pages in data base.

Example: After crawling , Google add your pages into index , to
Show in results pages

Ranking: The positions of your pages appear in SERPs.

Example: Rank #1 “FIT-STUDIO”.

Crawl Budget: Numbers of crawls visits your pages in a given Time.

Dwell Time: The time users spend on your pages.

Pogosticking: When a user clicks your pages in serp , Immediately returns , click another results.

Bounce Rate: Percentage of users who leave your page Without interacting. High bounce rate signal irrelevant Content.

CTR (Click-Through Rate): Percentage of users who Click your page on SERP.

Example: 100 peoples see your page, 20 click > CTR = 20%

Backlinks sheet :

A1:G1	Profile linking					
1	Profile linking					
2	Date	Refilling domain	Domain authority	Spam Score	Email	Link
3	14/8/25	https://github.com/	96	1%	zaansaeed1916@gmail.co	https://github.com/hn9309029-source
4	14/8/25	https://www.ted.com/	93	1%	zaansaeed1916@gmail.co	https://www.ted.com/profiles/49973452
5	14/8/25	https://addons.mozilla.org/en-US/firefox/	97	1%	zaansaeed1916@gmail.co	https://addons.mozilla.org/en-US/firefox/user/19274328/
6	15/8/25	https://medium.com/	95	1%	zaansaeed1916@gmail.co	https://medium.com/@hn9309029
7	15/8/25	https://www.slideshare.net/	94	1%	zaansaeed1916@gmail.co	https://www.slideshare.net/hn9309029
8	15/8/25	https://vimeo.com/	96	1%	zaansaeed1916@gmail.co	https://vimeo.com/user245234492
9	15/8/25	https://www.dailymotion.com/	95	1%	zaansaeed1916@gmail.co	https://www.dailymotion.com/hn9309029/videos
10	15/8/25	https://www.change.org/	93	1%	zaansaeed1916@gmail.co	https://www.change.org/p/artificial-intelligence-digital-marketing-specialist
11	15/8/25	https://www.4shared.com/	94	1%	zaansaeed1916@gmail.co	https://www.4shared.com/u/dSsoX_tL/hn9309029.html
12	15/8/25	https://www.blogger.com/	100	1%	zaansaeed1916@gmail.co	https://www.blogger.com/profile/09889536166642349579
13	15/8/25	https://medium.com/	95	1%	zaansaeed1916@gmail.co	https://medium.com/@hn9309029/artificial-intelligence-transforming-the-future-o
14	17/8/25	https://independent.academia.edu/	93	1%	zaansaeed1916@gmail.co	https://independent.academia.edu/HamzaNaeem111
15	17/8/25	https://www.behance.net/	93	1%	zaansaeed1916@gmail.co	https://www.behance.net/hamzanaeem55
16	17/8/25	https://www.instructables.com/	92	1%	zaansaeed1916@gmail.co	https://www.instructables.com/member/hn9309029/
17	17/8/25	https://www.tripadvisor.com/	93	1%	zaansaeed1916@gmail.co	https://www.tripadvisor.com/Profile/713hamzan?fid=21f0be79-1f70-4132-ad86-4
18	17/8/25	https://www.livejournal.com/	93	1%	zaansaeed1916@gmail.co	https://ext-6825609.livejournal.com/294.html?newpost=1
19	17/8/25	https://www.linkedin.com/	99	1%	zaansaeed1916@gmail.co	https://www.linkedin.com/in/hamza-naeem-14930637b/
20	17/8/25	https://www.reverbnation.com/	91	1%	zaansaeed1916@gmail.co	https://www.reverbnation.com/pny80#

+ Sheet1 ▾



Search



9:59 pm
05/12/2025

Broken links : Broken links is a link that points to a page that does not exist anymore or return an error like 404.

Lost link : A Lost link is a backlink you had before but is now removed by another side.

Identification tool :

Broken link tool

Google Search Console

Screaming frog Seo Spider

Rank Math

Lost link tool :

Google Search Console

Ahref (paid-best)

SEMrush

Moz link explorer

Thank you