

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 👤

👤 Dashboard

🏠 Home

🔄 Updates 10

📁 Posts

📁 Media

📄 Pages

💬 Comments

📊 Rank Math SEO

🔧 Elementor

📁 Templates

👑 Royal Addons

👤 UAE

🔧 Appearance

📁 Plugins 6

👤 Users

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



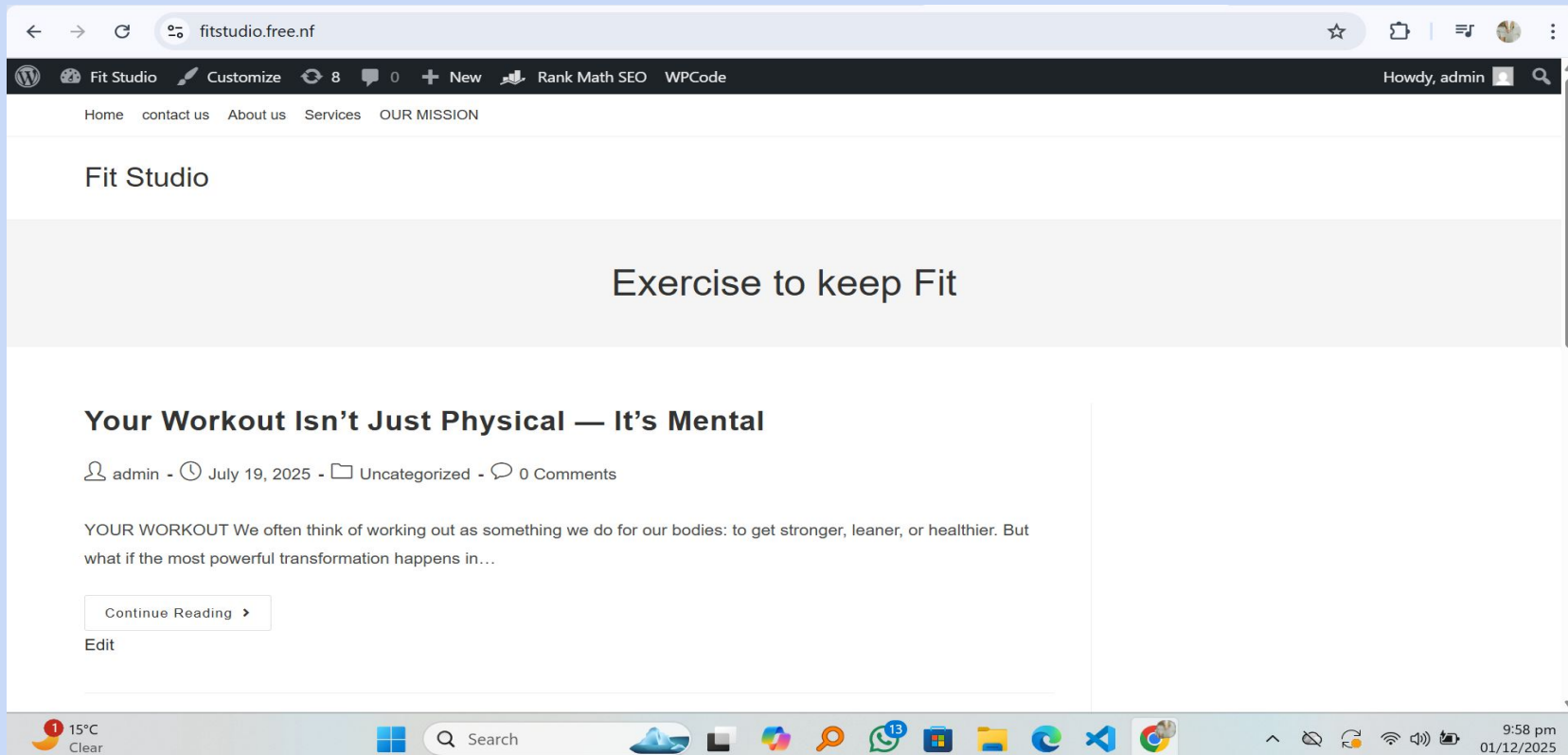
250+ Full Website Templates

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

Royal Elementor Addons

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Fit Studio



Posts

fitstudio.free.nf/wp-admin/edit.php

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

Add Post
Categories
Tags
Media
Pages
Comments
Rank Math SEO
Elementor
Templates
Royal Addons
UAE
Appearance
Plugins 6
Users
Tools
Settings

<input type="checkbox"/>	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	<div>73 / 100</div> <p>Keyword: Your Workout Schema: Article (BlogPosting) Links: 0 0 0 0</p>
<input type="checkbox"/>	What to Expect from Your First Month at Fit Studio	admin	Uncategorized	—	—	Published 2025/07/19 at 7:26 pm	<div>81 / 100</div> <p>Keyword: your first month at fit studio Schema: Article (BlogPosting) Links: 0 1 0</p>
<input type="checkbox"/>	Mia's Top 5 Tips for Staying Strong (Even on Bad Days) Edit Quick Edit Trash View Instant Indexing Submit Page	admin	Uncategorized	—	—	Published 2025/07/19 at 4:33 am	<div>84 / 100</div> <p>Keyword: mia Schema: Article (BlogPosting) Links: 0 1 1 0</p>

15°C Clear
Search
9:37 pm 01/12/2025

Blog

← → ↺

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

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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.



WPCode Page Scripts

Post

15°C Clear

🔍 Search

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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

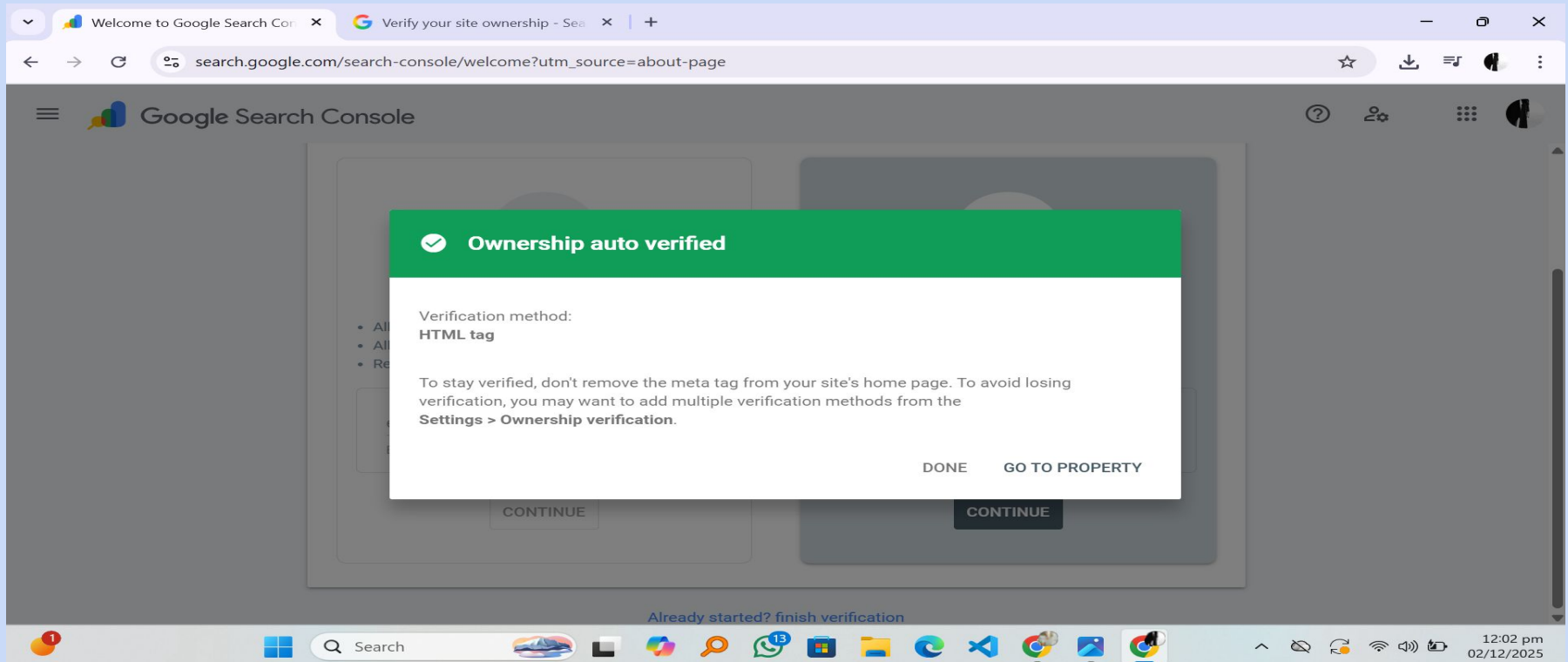
2. **Long-Tail Keywords** : 3+ words , Low competition, high intent

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

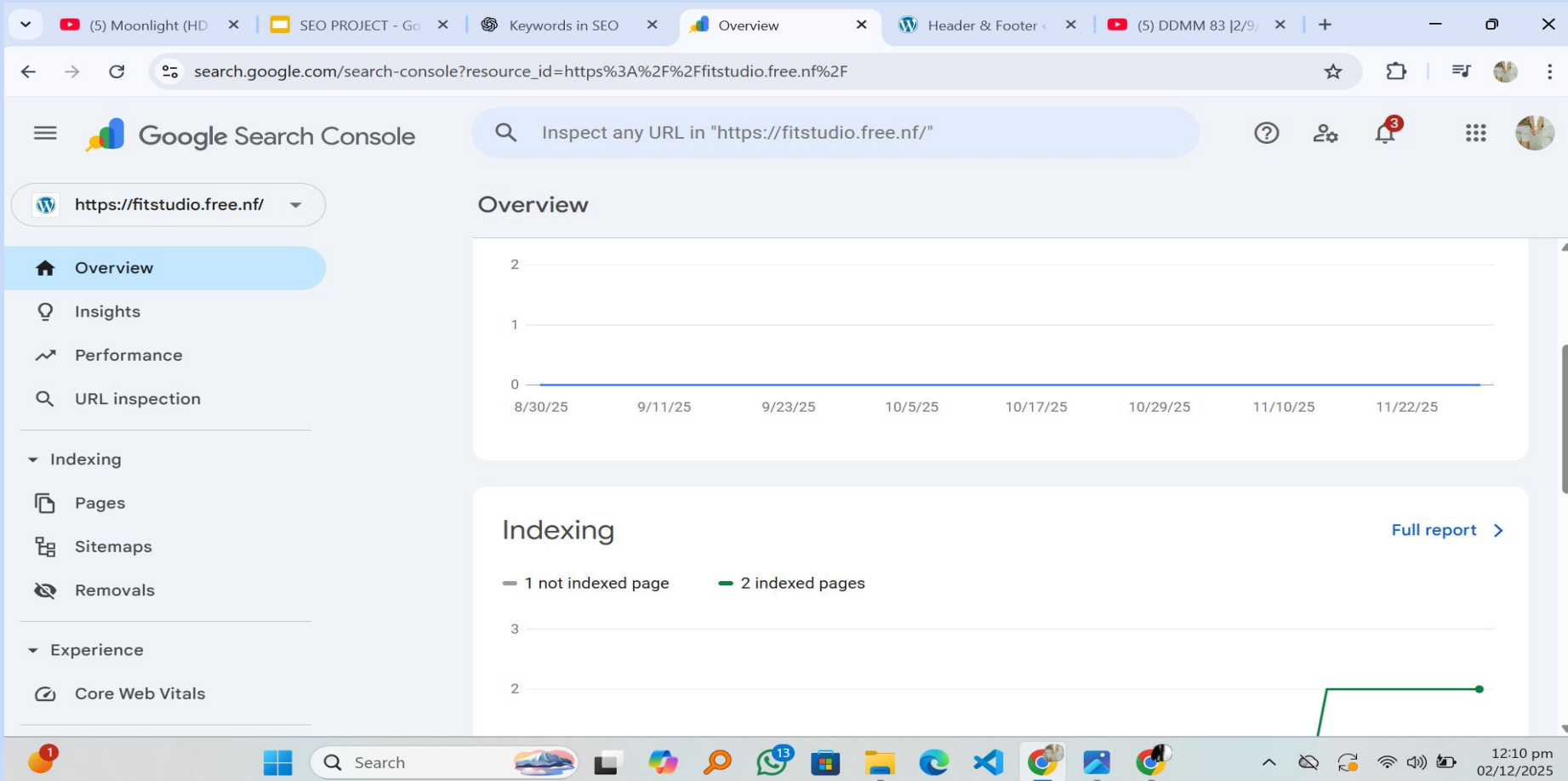
3. **Informational Keywords** : Used to learn something.
Examples: What is SEO ? , How keywords work.
4. **Navigational Keywords** : Used to find a specific website or Brand.
Examples: Facebook login , Amazon Pakistan.
5. **Transactional Keywords** : Used when user wants to buy or Take action.
Examples: 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 :-



GSC (overview board)



Submit Sitemap in GSC

The screenshot shows the Google Search Console interface for the domain `http://fit-studio.free.nf/`. A green notification box in the center states: "Sitemap submitted successfully". Below this, 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 at the bottom right of the notification. In the background, the "Sitemaps" section is visible, showing a table with one entry: `/sitemap.xml`, with status "Unknown" and date "Dec 2, 2025". A red status message "Couldn't" is partially visible. The left sidebar shows navigation options: Insights, Performance, URL inspection, Indexing (Pages, Sitemaps, Removals), Experience (Core Web Vitals), and Security & Manual Actions. The bottom of the screen shows a Windows taskbar with various application icons and the system clock displaying 4:24 pm on 02/12/2025.

Google Search Console

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

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

Insights

Performance

URL inspection

Indexing

Pages

Sitemaps

Removals

Experience

Core Web Vitals

Security & Manual Actions

Sitemaps

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.xml Unknown Dec 2, 2025 Couldn't

Sitemaps

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

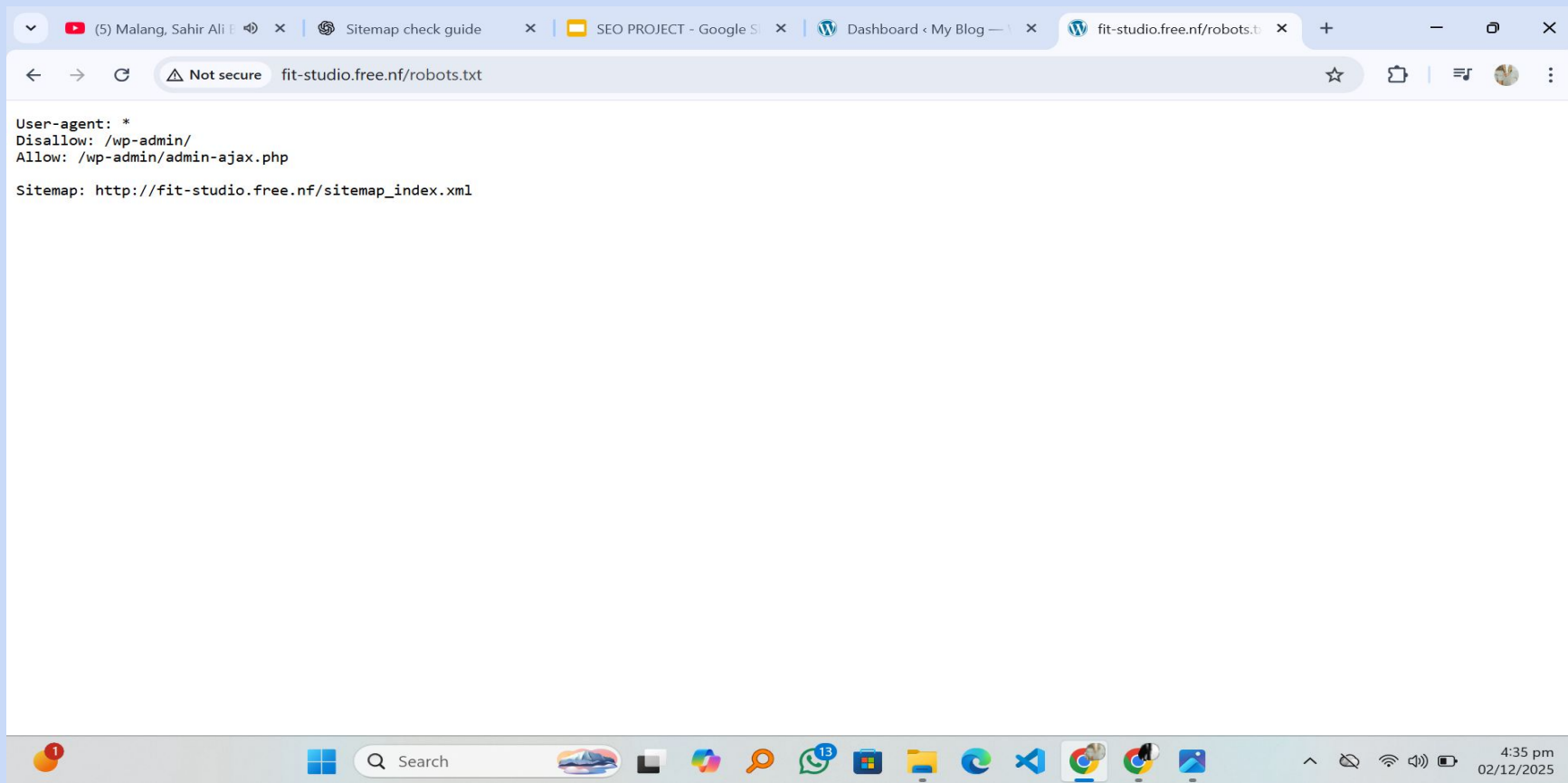
Learn more Got it

USD/INR +0.43%

Search

4:24 pm 02/12/2025

Robots.txt



Edit Robots.txt File in Rankmath

The screenshot shows a web browser window with the URL `fit-studio.free.nf/wp-admin/admin.php?page=rank-math-options-general&view=robots`. The page is titled "Edit robots.txt" and includes a sub-header: "Edit your robots.txt file to control what bots see. [Learn more.](#)".

On the left is a sidebar menu with the following items: My Blog, Media, Pages, Comments, Rank Math SEO (highlighted), 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*, and Users.

The main content area features a list of settings on the left: Links, Breadcrumbs, Webmaster Tools, Others, Edit robots.txt (highlighted), Edit .htaccess, and Blocks. The right side of the page contains a text area with the following robots.txt content:

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

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

The Windows taskbar at the bottom shows the time as 4:37 pm on 02/12/2025.

Redirections :-

← → ↺

⚠ Not secure

fit-studio.free.nf/wp-admin/admin.php?page=rank-math-redirections

☆ 📁 👤 ⋮

🌐 My Blog

🔄 2

💬 0

➕ 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

Redirections

SEO Analyzer

Status & Tools

Help & Support 📄

Cyber Monday Sale

🔨 Appearance

Redirections

Add New

Export Options

Learn More

Settings

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

Bulk actions ▼

Apply

3 items

<input type="checkbox"/>	From	To ↕	Type ↕	Hits ↕	Created ↕	Last Accessed ↕
<input type="checkbox"/>	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	
<input type="checkbox"/>	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	
<input type="checkbox"/>	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

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5:03 pm
02/12/2025

Canonical Tags

FROM BURNOUT TO BALANCE: Real Stories from Our Members



WPCode Page Scripts

Post

Rank Math



ADVANCED ROBOTS META

<input type="checkbox"/> Max Snippet ?	-1
<input type="checkbox"/> Max Video Preview ?	-1
<input type="checkbox"/> Max Image Preview ?	Large ▾

Canonical URL ?

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

☒ Redirect

REDIRECTION TYPE

307 Temporary Redirect ▾

DESTINATION URL

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



Schema Markup

Week 1: Getting

Type / to choos

In your first wee
your body. You'
exercises safel

- ✓ Studio intro
- ✓ Beginner-fr
- ✓ Trainer sup

Week 2: Buildin

Your body start

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

Schema

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

WPCode Page Scripts

Post > Paragraph

Search

6:10 pm
02/12/2025

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						
	A	B	C	D	E	F
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