SEO Audit Report

Generated by Rank Math

59/100
SEO Score

17/27	2/27	8/27
Passed Tests	Warnings	Failed Tests

Basic SEO

Common Keywords

A list of keywords that appear frequently in the text of your content.

❗ Here are the most common keywords we found on the page:

beingfit fitness best exercises find goals guide reach reserved rights

SEO Description

SEO analysis of your page's meta-description.

✔ The meta description is 148 characters long, which is good. Your ultimate fitness guide. Find the best exercises, workout routines, and resources to help you reach your health and fitness goals with BeingFIT.

H1 Heading

SEO Analysis of the H1 Tags on your page.

✓ One H1 tag was found on the page.

```
BeingFIT
```

H2 Headings

SEO analysis of the H2 headings on your page.

✓ One or more H2 tags were found on the page.

```
Your Ultimate Fitness Guide
```

Image ALT Attributes

SEO analysis of the "alt" attribute for image tags.

✓ All images on the page have alt attributes.

Keywords in Title & Description

SEO analysis of the HTML page's Title and meta description content.

✓ One or more common keywords were found in the title and description of the page.

```
title: beingfit, fitness, guide
description: beingfit, fitness, best, exercises, find, goals, guide, reach
```

Links Ratio

SEO analysis of the ratio of internal links to external links.

⚠ There are one or more issues with the number of links on this page:
Too few internal links (1).

```
internal: 1
external: 0
```

Add links to external resources that are useful for your readers. Make sure you link to high-quality sites - Google penalizes pages that link to "spammy" sites (ones that break the Google webmaster guidelines).

Ideally, the links should be highly relevant to the subject you're writing about. It's impossible to cover every aspect of a subject on a single page, but your readers may be fascinated by some detail you barely touch on. If you link to a resource where they can learn more, they'll be grateful. What's more, you'll be rewarded with higher rankings!

SEO Title

SEO analysis of the HTML title of the page.

✔ The page title has 57 characters, which is good.

`BeingFIT - Your Ultimate Fitness Guide & Workout Routines`

Create a responsive site

Our analysis of the use of CSS media queries in your content.

✖ The CSS code does not contain **media queries**.

If you use a CMS (as most sites do) then it's usually very easy to add media queries to your site's styling. Simply switch to a theme with a responsive layout.

If you're using a custom theme, you'll have to change the markup and CSS to support a responsive layout. It's often easier to recreate your design than trying to adapt an existing custom theme to support a responsive layout.

The job is usually much easier if you use a CSS framework - the developers have already done the hard work of testing each layout across many devices.

Homepage Is Reachable

Tests if your homepage is reachable by making an HTTP request.

✔ Homepage is reachable

Advanced SEO

Search Preview

ⓘ Here is how the site may appear in search results:

BeingFIT - Your Ultimate Fitness Guide & Workout Routines

https://danish0902.github.io/DiM-project/

Your ultimate fitness guide. Find the best exercises, workout routines, and resources to help you reach your health and fitness goals with BeingFIT.

Canonical Tag

Does the content have a "canonical" URL?

⚠ No canonical link tag found on the page.

null

Every page on your site should have a <link> tag with a "rel='canonical'" attribute. The link tag should go inside the page's head tag, and it should contain the page's "correct" URL.

If you've republished an article from another source (such as another site or a different section of your own site) then you need to pick which URL is the "correct" one and use that.

The Rank Math WordPress plugin makes it very easy to set the canonical URL for every page of your site.

Noindex Meta

Does the content contain a noindex robots meta tag?

✓ The page contains the `index` meta tag or header.

Mobile Search Preview

ⓘ Here is how the site may appear in search results on a mobile device:

BeingFIT - Your Ultimate Fitness Guide & Workout Routines

https://danish0902.github.io/DiM-project/

Your ultimate fitness guide. Find the best exercises, workout routines, and resources to help you reach your health and fitness goals with BeingFIT.

Mobile Snapshot

A snapshot of how your content appears on a mobile device.

WWW Canonicalization

Does the site appear on more than one URL?

✕   The www and non-www versions of the URL are not redirected to the same site.

Decide whether you want your site's URLs to include a "www", or if you prefer a plain domain name. There are marketing pros and cons for each choice, but neither one is better or worse for SEO purposes - as long as you're consistent.

You should use HTTP redirections (301 permanant redirects) to pass PageRank from the "wrong" URLs to the standard (canonical) ones. That way, your content will still benefit from backlinks if someone makes a mistake and uses the wrong URL.

OpenGraph Meta

Does your site use OpenGraph meta tags?

✗   Some Opengraph meta tags are missing.

Insert a customized OpenGraph meta tag for each important page on your site. The standard is very well documented - you can learn more from Facebook's developer pages.

The Rank Math WordPress plugin provides a simple but powerful interface to craft your OpenGraph data. You get immediate feedback with an interactive preview, and you don't have to mess around with raw HTML markup.

Schema Meta Data

Does the content include relevant Schema.org metadata?

✗   No Schema.org data found on the page.

The Rank Math WordPress plugin makes it extremely easy to add highly relevant Schema.org markup to your site. It has a simple graphical interface, so you don't have to get your hands dirty with complex HTML markup.

Sitemaps

Does the site use an XML sitemap?

✗   No sitemaps found.

If you don't have an XML sitemap, the best option is to install a plugin that creates sitemaps for you. That way you'll know the sitemap will always be up-to-date. Plugins can also automatically ping the search engines when the XML file is updated.

The Rank Math WordPress plugin gives you complete control over your site's XML sitemaps. You can control the settings for each page as you write or edit it, and Rank Math will ping Google as soon as you submit your edits.

This results in fast crawls and indexing.

Robots.txt

Does your site have a valid robots.txt file

✗ Robots.txt file is missing or unavailable. Try our **free robots.txt editor tool** to easily test and validate your robots.txt file.

You can manually create a robots.txt file and upload it to your site's web root. A simpler option is to use a plugin for your CMS platform.

The Rank Math WordPress plugin has a full suite of tools to manage the robots.txt file, along with other related technologies, like XML sitemaps.

Keep your content fresh

Checks for recent content updates using available signals (XML sitemap, og:updated_time, or Last-Modified header).

✓ The content is fresh. Last updated on 2025-08-30 (0 days ago) via Last-Modified header (XML Sitemap and og:updated_time not found).

Broken Links

Detects broken or dead links (404/500 errors) in the website that may harm SEO and user trust.

✗ The page has broken link(s).

Regularly scan the site for broken links. Fix them by updating to a valid URL, removing the link, or setting up proper 301 redirects. Using a CMS plugin or automated crawler can help monitor and resolve these issues proactively.

If links are protected by bot mitigation (e.g., CAPTCHA or rate-limiting), consider whitelisting known bots or adjusting protection settings to allow valid crawlers.

Performance

Page Size

An analysis of the size of your HTML file.

✓ The size of the HTML document is less than 1 Kb, so it is under the average HTML size of 33 Kb.

Response Time

How fast does your server respond to requests?

✓ The response time is under 0.8 seconds which is great.

Image Headers Expire

Do your images use "expires" headers?

✓ No local images found on the page

Minify CSS

Are your CSS files properly minified?

✗ Some CSS files don't seem to be minified.

```
https://danish0902.github.io/DiM-project/index.css
```

CSS can add a lot of load-time to your website. Thankfully, there is an easy solution to minify CSS using WP Rocket. Read more

Page Objects

Analysis of the embedded objects in the pages.

✓ The page makes 3 requests.

```
total: 3
images: 1
javascript: 1
stylesheets: 1
```

Minify Javascript

Does the site use minified JavaScript?

✓ All Javascript files appear to be minified.

Security

Theme Visibility

Theme Visibility

ⓘ   The theme is not publicly visible, so it is not easily identifiable.

Visible Plugins

Visible Plugins

✓   Hurray! None of the plugins are publicly visible.

Directory Listing

Does your web server list the contents of the directories?

✓   Directory Listing seems to be disabled on the server.

Secure Connection

Is your content served over a secure connection?

✓   The site is using a secure transfer protocol (https).