

Assignment: On-Page SEO Optimization

- 21-Day Weight Loss Meal Plan Landing Page

1. On page:

SEO Readability Schema Social

Focus keyphrase ?
21-Day Weight Loss Meal Plan
Get related keyphrases

Search appearance ^
Determine how your post should look in the search results.

Preview as:
 Mobile result Desktop result

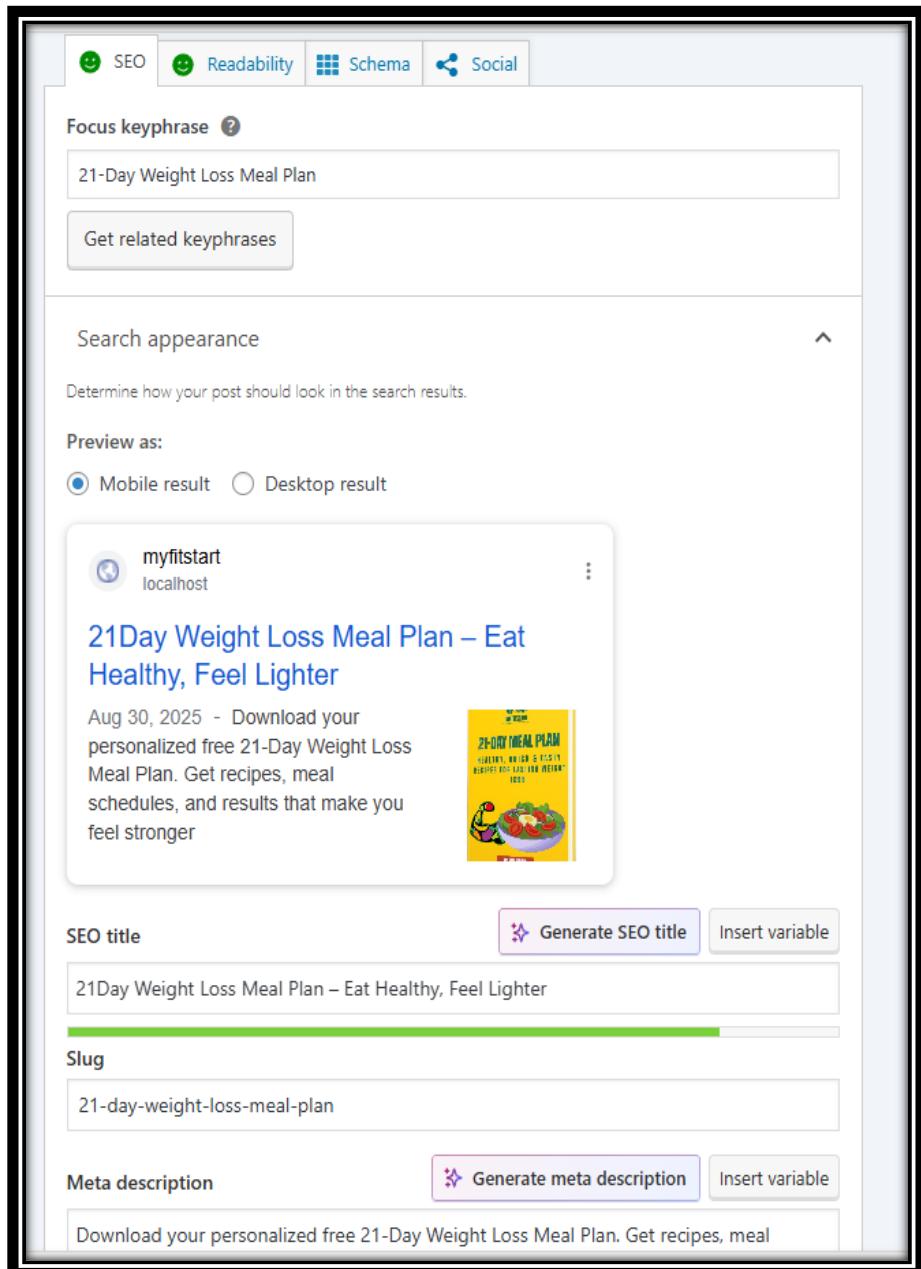
myfitstart
localhost

21Day Weight Loss Meal Plan – Eat Healthy, Feel Lighter
Aug 30, 2025 - Download your personalized free 21-Day Weight Loss Meal Plan. Get recipes, meal schedules, and results that make you feel stronger

SEO title
21Day Weight Loss Meal Plan – Eat Healthy, Feel Lighter

Slug
21-day-weight-loss-meal-plan

Meta description
Download your personalized free 21-Day Weight Loss Meal Plan. Get recipes, meal



2. Live Link:

<http://localhost:10004/21-day-weight-loss-meal-plan/>

3. Screenshot of Yoast SEO Analysis:

The screenshot shows the Yoast SEO analysis interface for the URL <http://localhost:10004/21-day-weight-loss-meal-plan/>. The analysis is for the page titled "21-Day Weight Loss Meal Plan".

Premium SEO Analysis (with a crown icon)

Get deeper keyphrase insights and stronger headlines

- **Synonyms & word form recognition:** Write more natural, flowing content.
- **Extra SEO assessments:** See additional recommendation to improve your content.

Unlock with Premium

Analysis results

^ Problems (2)

- **Keyphrase in SEO title:** Not all the words from your keyphrase "21-Day Weight Loss Meal Plan" appear in the SEO title. [For the best SEO results write the exact match of your keyphrase in the SEO title, and put the keyphrase at the beginning of the title.](#)
- **Keyphrase in subheading:** [Use more keyphrases or synonyms in your H2 and H3 subheadings!](#)

^ Improvements (1)

- **Keyphrase length:** The keyphrase contains 5 content words. That's more than the recommended maximum of 4 content words. [Make it shorter!](#)

^ **Good results (14)**

- [Outbound links](#): Good job!
- [Keyphrase in image alt attributes](#): Good job!
- [Images](#): Good job!
- [Internal links](#): You have enough internal links. Good job!
- [Keyphrase in introduction](#): Well done!
- [Keyphrase density](#): The keyphrase was found 3 times. This is great! 
- [Keyphrase in meta description](#): Keyphrase or synonym appear in the meta description. Well done!
- [Meta description length](#): Well done!
- [Previously used keyphrase](#): You've not used this keyphrase before, very good.
- [Single title](#): You don't have multiple H1 headings, well done!
- [Keyphrase in slug](#): More than half of your keyphrase appears in the slug. That's great!
- [Competing links](#): There are no links which use your keyphrase or synonym as their anchor text. Nice!
- [Text length](#): The text contains 460 words. Good job!
- [SEO title width](#): Good job!

SEO Readability Schema Social

Analysis results ?

^ Problems (2)

- Word complexity: Is your vocabulary suited for a larger audience? [Yoast SEO Premium will tell you!](#) eye
- Transition words: Only 10.5% of the sentences contain transition words, which is not enough. [Use more of them.](#) eye

^ Good results (5)

- [Passive voice](#): You are not using too much passive voice. That's great! eye
- [Consecutive sentences](#): There are no repetitive sentence beginnings. That's great! eye
- [Subheading distribution](#): Great job! eye
- [Paragraph length](#): There are no paragraphs that are too long. Great job! eye
- [Sentence length](#): Great! eye