

# 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

Generate SEO title

Insert variable

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

Slug

21-day-weight-loss-meal-plan

Meta description

Generate meta description

Insert variable

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 page '21-Day Weight Loss Meal Plan'. At the top, there's a green smiley face icon and the text 'SEO analysis' and '21-Day Weight Loss Meal Plan'. Below this, a 'Premium SEO Analysis' section is highlighted with a purple border and a crown icon. It contains the text 'Get deeper keyphrase insights and stronger headlines' and two bullet points: 'Synonyms & word form recognition: Write more natural, flowing content.' and 'Extra SEO assessments: See additional recommendation to improve your content.' A yellow button with a lock icon and the text 'Unlock with Premium' is at the bottom of this section. Below the premium section, the 'Analysis results' are shown. Under the 'Problems (2)' heading, there are two red circular icons followed by text: '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.' and 'Keyphrase in subheading: Use more keyphrases or synonyms in your H2 and H3 subheadings!'. Under the 'Improvements (1)' heading, there is one orange circular icon followed by text: 'Keyphrase length: The keyphrase contains 5 content words. That's more than the recommended maximum of 4 content words. Make it shorter!'.

SEO analysis  
21-Day Weight Loss Meal Plan

**Premium SEO Analysis** 👑

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!](#)
- [Transition words](#): Only 10.5% of the sentences contain transition words, which is not enough. [Use more of them.](#)



### ^ Good results (5)

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

