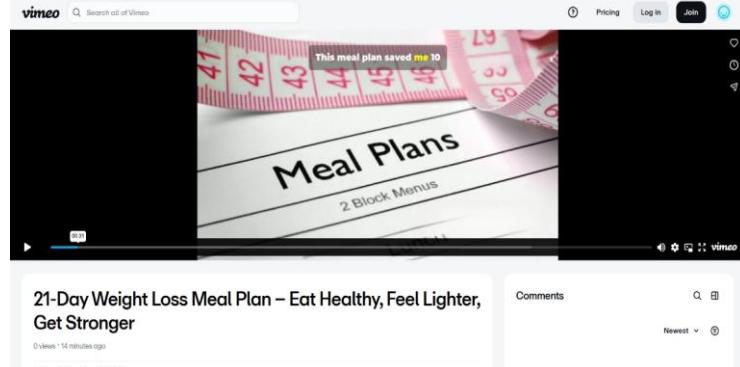
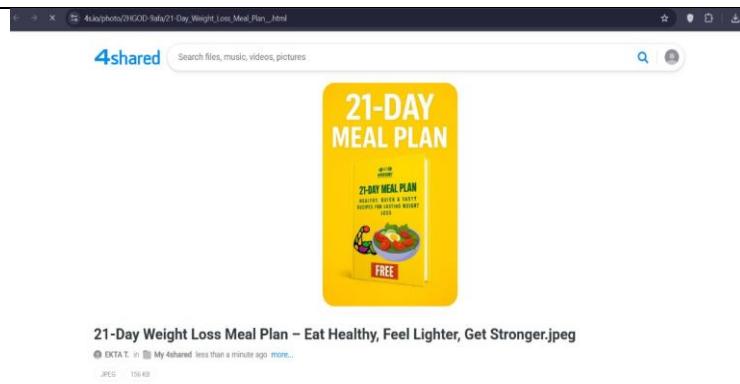
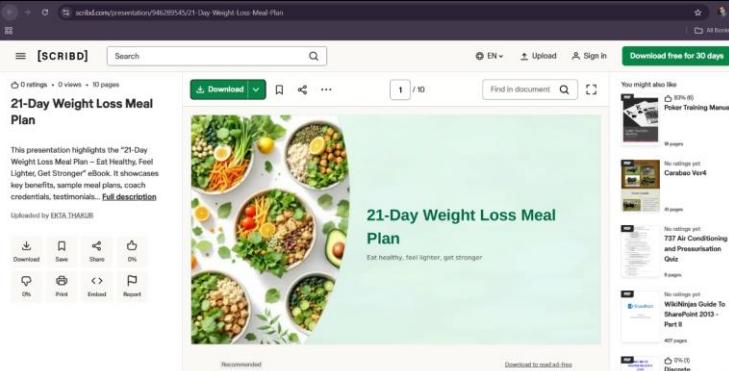
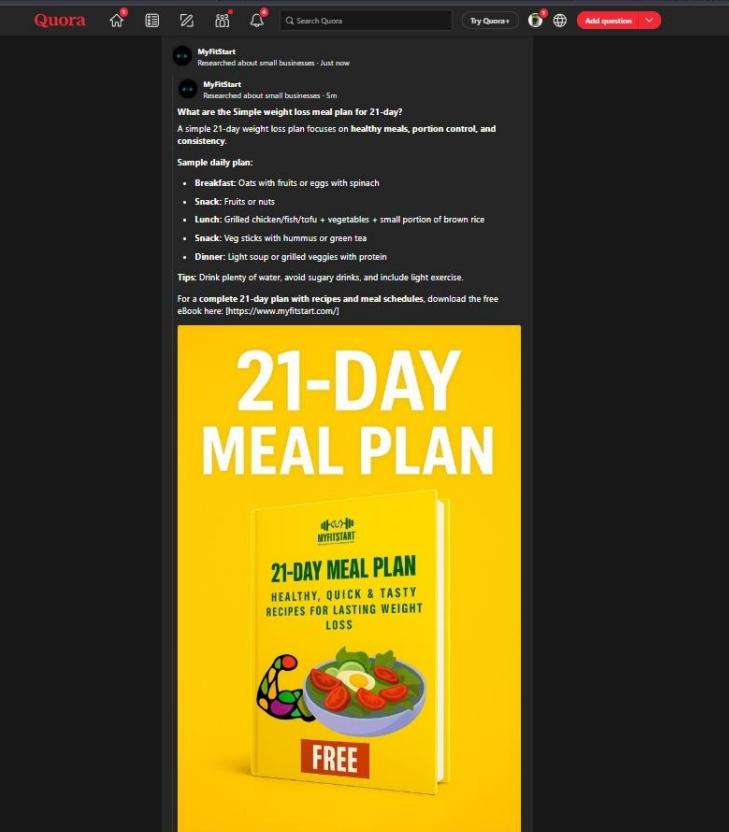
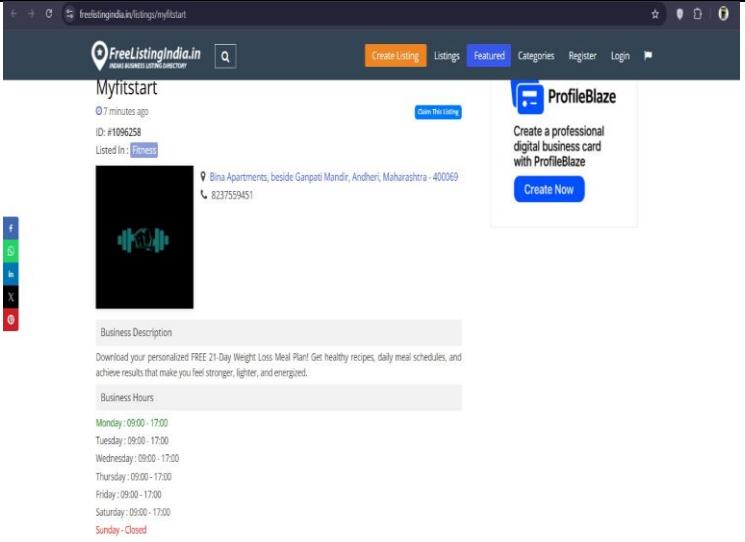
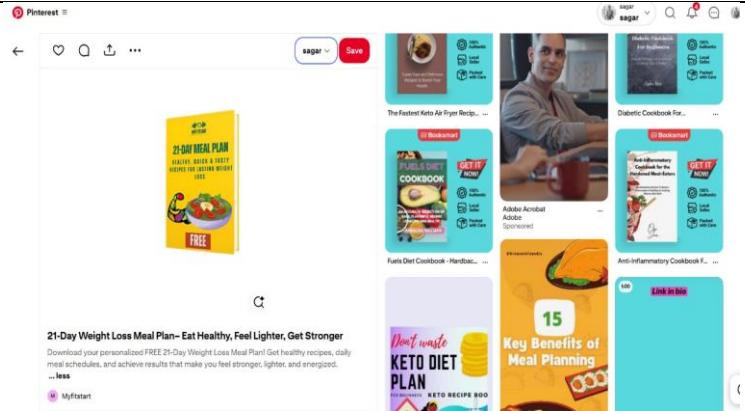


Off-Page SEO Submission Matrix

| Category | Website | DA | PA | URL | Screenshot |
|------------------|---|----|----|---|--|
| Video Submission | https://vimeo.com | 96 | 96 | https://vimeo.com/1135282529?share=copy&fl=sv&fe=ci |  <p>vimeo Search all of Vimeo Pricing Log In Join</p> <p>This meal plan saved me 10 lbs!</p> <p>Meal Plans 2 Block Menus</p> <p>21-Day Weight Loss Meal Plan – Eat Healthy, Feel Lighter, Get Stronger</p> <p>0 views · 14 minutes ago</p> <p>Comments Newest</p> |
| Image Submission | https://www.4shared.com | 94 | 78 | https://www.4shared.com/s/f2HGD-9afa |  <p>4shared Search files, music, videos, pictures</p> <p>21-DAY MEAL PLAN</p> <p>21-DAY MEAL PLAN</p> <p>21-Day Weight Loss Meal Plan – Eat Healthy, Feel Lighter, Get Stronger.jpeg</p> <p>EXTRA T. in My folder less than a minute ago more...</p> <p>JPG 156 KB</p> <p>Open in To library Download Share Report Sexual Violence Other</p> |

| | | | | | |
|-------------------------|---|----|----|---|--|
| PDF/PPT Submission | https://www.slideshare.net | 94 | 86 | https://www.scribd.com/presentation/946289545/21-Day-Weight-Loss-Meal-Plan |  |
| Quora Answer Submission | https://www.quora.com | 93 | 80 | https://qr.ae/pCFjRX |  |

| | | | | | |
|-------------------------------|---|----|----|---|---|
| Directory Submission | https://www.freelistingindia.in/ | 42 | 49 | https://www.freelistingindia.in/listings/myfitstart |  <p>The screenshot shows a business listing for 'Myfitstart' on FreeListingIndia.in. The listing includes a profile picture of a person working out, the address 'Bina Apartments, beside Ganpati Mandir, Andheri, Maharashtra - 400059', and the phone number '8237559451'. It also features a sidebar for 'ProfileBlaze' advertising digital business cards.</p> |
| Social Bookmarking Submission | https://www.pinterest.com | 94 | 98 | https://pin.it/5xM9Y3lc4 |  <p>The screenshot shows a Pinterest search results page for '21-Day Weight Loss Meal Plan'. The top result is a pin for a '21-Day Weight Loss Meal Plan- Eat Healthy, Feel Lighter, Get Stronger'. Below it are several other pins related to meal planning and keto diets.</p> |