

# Avaliação do site gohealthz.com

Gerado a 31 de Janeiro de 2022 14:04 PM

O resultado é de 51/100



## Conteúdo SEO

	<b>Título</b>	<p>Home &amp;ndash; GoHealthz</p> <p>Cumprimento : 22</p> <p>Perfeito, o Título contém entre 10 e 70 caracteres.</p>														
	<b>Descrição</b>	<p>Cumprimento : 0</p> <p>Mau. Não encontramos nenhuma Descrição META na sua página.</p>														
	<b>Palavras-chave</b>	<p>Mau. Não detetámos palavras-chave META na sua página.</p>														
	<b>Propriedades Og Meta</b>	<p>Boa! Esta página tira vantagens das propriedades Og.</p> <table border="1" data-bbox="539 1332 1481 1825"> <thead> <tr> <th>Propriedade</th> <th>Conteúdo</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Home &amp;ndash; GoHealthz</td> </tr> <tr> <td>url</td> <td>https://gohealthz.com/</td> </tr> <tr> <td>site_name</td> <td>GoHealthz</td> </tr> <tr> <td>updated_time</td> <td>2021-10-09T06:07:58+00:00</td> </tr> </tbody> </table>	Propriedade	Conteúdo	locale	en_US	type	website	title	Home &ndash; GoHealthz	url	https://gohealthz.com/	site_name	GoHealthz	updated_time	2021-10-09T06:07:58+00:00
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	<b>Cabeçalhos</b>	<table border="1" data-bbox="539 1854 1481 1926"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>2</td> <td>3</td> <td>73</td> <td>18</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="614 1960 1460 2060" style="list-style-type: none"> <li>• [H1]</li> <li>• [H1]</li> <li>• [H2] PT Trim Fat Burn Reviews: Does It Really Works or Not?</li> </ul>	H1	H2	H3	H4	H5	H6	2	3	73	18	0	0		
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## Conteúdo SEO

What to Know Before Buy!

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Legit? How does it work?




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- [H4] Lifestyle News
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- [H4] Stay Connected
- [H4] Make it modern
- [H4] Latest Reviews
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- [H4] Holiday Recipes
- [H4] WRC Racing
- [H4] Health & Fitness
- [H4] Architecture
- [H4] LATEST ARTICLES
- [H4] Most Popular
- [H4] Recent Comments
- [H4] EDITOR PICKS
- [H4] POPULAR POSTS
- [H4] POPULAR CATEGORY







Imagens

Encontrámos 19 imagens nesta página.

## Conteúdo SEO

		4 atributos ALT estão vazios ou em falta. É recomendado adicionar texto alternativo de modo a que os motores de busca identifiquem melhor o conteúdo das suas imagens.
	Rácio Texto/HTML	Rácio : 1%  O rácio de texto para código HTML desta página é menor que 15 por cento, o que significa que provavelmente é necessário de adicionar mais conteúdos em forma de texto.
	Flash	Perfeito, não foi encontrado conteúdo Flash nesta página.
	Iframe	Excelente, não foram detetadas Iframes nesta página.

## Ligações SEO

	Reescrita de URL	Perfeito. As ligações aparentam ser limpas!
	Underscores (traços inferiores) nas URLs	Perfeito. Não foram encontrados 'underscores' (traços inferiores) nas suas URLs.
	Ligações para a própria página	Encontrámos um total de 41 ligações incluindo 0 ligações a ficheiros
	Statistics	Ligações externas : noFollow 0%  Ligações externas : Passa sumo 17.07%  Ligações internas 82.93%

## Ligações para a própria página

Âncoras	Tipo	Sumo
<a href="#">Home</a>	Internas	Passa sumo
<a href="#">Beauty</a>	Internas	Passa sumo
<a href="#">Free eBook</a>	Internas	Passa sumo
<a href="#">Facebook</a>	Externas	Passa sumo
<a href="#">Instagram</a>	Externas	Passa sumo


## Ligações para a própria página

<a href="#">Pinterest</a>	Externas	Passa sumo
<a href="#">Youtube</a>	Externas	Passa sumo
<a href="#">PT Trim Fat Burn Reviews: Does It Really Works or Not? What to Know Before Buy!</a>	Internas	Passa sumo
<a href="#">Weight Loss Tip #1: Why Most Fail and Only a Few Succeed at Being Fit</a>	Internas	Passa sumo
<a href="#">Burn Boost Reviews in 2022 - Does It Work? What to Know Before Buying!</a>	Internas	Passa sumo
<a href="#">Reviews</a>	Internas	Passa sumo
<a href="#">Admin</a>	Internas	Passa sumo
<a href="#">Beauty</a>	Internas	Passa sumo
<a href="#">Weight Loss</a>	Internas	Passa sumo
<a href="#">Burn Boost Reviews &amp;#8211; Fat Burning Supplement Burn Boost Legit? How does it work?</a>	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">MetaboFix Reviews &amp;#8211; The Real Truth Behind MetaboFix Weight Loss Supplement</a>	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">Lanta Flat Belly Shake Reviews: Is the Lanta Flat Belly Shake Worth Your Money?</a>	Internas	Passa sumo
<a href="#">Follow</a>	Externas	Passa sumo
<a href="#">Follow</a>	Externas	Passa sumo
<a href="#">Follow</a>	Externas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">Nutrition</a>	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">Exipure Reviews 2021: Does It Work? Customers Know This!</a>	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">How To Get Skinny Fast: 5 Scientifically Proven Tips for Weight Loss</a>	Internas	Passa sumo

## Ligações para a própria página

=	Internas	Passa sumo
<a href="#">Top 10 Healthy Foods</a>	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">30-DAY WEIGHT LOSS CHALLENGE</a>	Internas	Passa sumo
=	Internas	Passa sumo
<a href="#">2</a>	Internas	Passa sumo
<a href="#">Privacy Policy</a>	Internas	Passa sumo
<a href="#">About Us</a>	Internas	Passa sumo
<a href="#">Contact Us</a>	Internas	Passa sumo
<a href="#">Disclaimer</a>	Internas	Passa sumo
<a href="#">Terms and Conditions</a>	Internas	Passa sumo

## Palavras-chave SEO

	Núvem de palavras-chave	<b>reviews</b> loss before weight <b>burn</b> admin boost <b>january</b> know fat
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## Consistência das Palavras-chave

Palavra-chave	Conteúdo	Título	Palavras-chave	Descrição	Cabeçalhos
reviews	25	✘	✘	✘	✔
january	23	✘	✘	✘	✘
burn	21	✘	✘	✘	✔
admin	19	✘	✘	✘	✘
know	14	✘	✘	✘	✔












## Usabilidade

	Url	Domínio : gohealthz.com Cumprimento : 13
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## Usabilidade

	Favicon	Ótimo, o site tem um favicon.
	Facilidade de Impressão	Não encontramos CSS apropriado para impressão.
	Língua	Otimo! A língua declarada deste site é en.
	Dublin Core	Esta página não tira vantagens do Dublin Core.

## Documento

	Tipo de Documento	O tipo de documento está em falta
	Codificação	Perfeito. O conjunto de caracteres UTF-8 está declarado.
	Validação W3C	Erros : 11 Avisos : 7
	Privacidade do Email	Aviso! No mínimo, foi encontrado um endereço de email sob a forma de texto. Isto é um convite para que spammers entupam a caixa de correio deste endereço.
	HTML obsoleto	Fantástico! Não detetámos etiquetas HTML obsoletas.
	Dicas de Velocidade	<ul style="list-style-type: none"><li> Excelente, este site não usa tabelas dentro de tabelas.</li><li> Oh não, o site usa estilos CSS nas etiquetas HTML.</li><li> Boa, o site usa poucos ficheiros CSS.</li><li> Perfeito, o site usa poucos ficheiros JavaScript.</li><li> Perfeito, o site tira vantagens da compressão gzip.</li></ul>

## Dispositivos Móveis




	Otimização para dispositivos móveis	<ul style="list-style-type: none"><li> Icon Apple</li></ul>
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## Dispositivos Móveis

- ✓ Meta Viewport Tag
- ✓ Conteúdo Flash

## Otimização

	XML Sitemap	Perfeito, o site tem um mapa XML do site (sitemap).  <code>http://gohealthz.com/sitemap.xml</code> <code>https://gohealthz.com/sitemap_index.xml</code>
	Robots.txt	<code>http://gohealthz.com/robots.txt</code>  Perfeito, o seu site tem um ficheiro robots.txt.
	Analytics	Em falta  Não detetámos nenhuma ferramenta analítica de análise de atividade.  Este tipo de ferramentas (como por exemplo o Google Analytics) permite perceber o comportamento dos visitantes e o tipo de atividade que fazem. No mínimo, uma ferramenta deve estar instalada, sendo que em algumas situações mais do que uma pode ser útil.