

# Website review johngay.ca

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The score is 45/100







## SEO Content

	Title	John Gay - Blog <b>Length : 15</b> Perfect, your title contains between 10 and 70 characters.												
	Description	<b>Length : 0</b> Very bad. We haven't found meta description on your page. Use <a href="#">this free online meta tags generator</a> to create description.												
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.												
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>site_name</td><td>John Gay</td></tr><tr><td>title</td><td>Blog</td></tr><tr><td>description</td><td>When I set out to write a blog nearly five years ago, I did so in the hopes of both sharing my journey with those I care about and creating a time capsule documenting my career in the sport. I had...</td></tr><tr><td>image</td><td><a href="http://www.johngay.ca/uploads/1/2/9/0/129061414/53649852131-c367e17802-k.jpg">http://www.johngay.ca/uploads/1/2/9/0/129061414/53649852131-c367e17802-k.jpg</a></td></tr><tr><td>url</td><td><a href="http://www.johngay.ca/">http://www.johngay.ca/</a></td></tr></tbody></table>	Property	Content	site_name	John Gay	title	Blog	description	When I set out to write a blog nearly five years ago, I did so in the hopes of both sharing my journey with those I care about and creating a time capsule documenting my career in the sport. I had...	image	<a href="http://www.johngay.ca/uploads/1/2/9/0/129061414/53649852131-c367e17802-k.jpg">http://www.johngay.ca/uploads/1/2/9/0/129061414/53649852131-c367e17802-k.jpg</a>	url	<a href="http://www.johngay.ca/">http://www.johngay.ca/</a>
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url	<a href="http://www.johngay.ca/">http://www.johngay.ca/</a>													
	Headings	<table><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>0</td><td>5</td><td>0</td><td>0</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>[H2] The only things longer than my runs are my sentences.</li><li>[H2] Grace, Too</li><li>[H2] About</li></ul>	H1	H2	H3	H4	H5	H6	0	5	0	0	0	0
H1	H2	H3	H4	H5	H6									
0	5	0	0	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Archives</li><li>• [H2] Categories</li></ul>
	Images	We found 1 images on this web page.  1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>3%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 21 links including 0 link(s) to files
	Statistics	External Links : noFollow 4.76%  External Links : Passing Juice 9.52%  Internal Links 85.71%

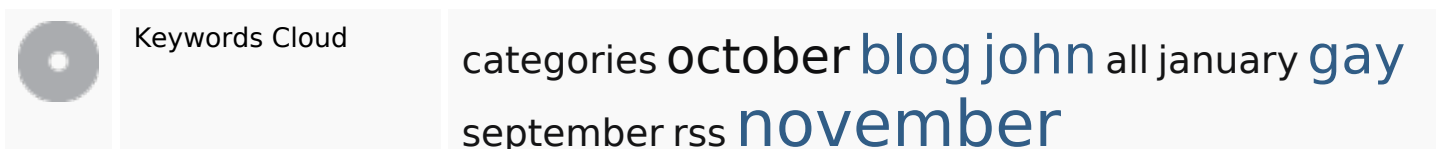
## In-page links

Anchor	Type	Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Grace, Too</a>	Internal	Passing Juice

## In-page links

<a href="#">1 Comment</a>	Internal	Passing Juice
<a href="#">=</a>	External	Passing Juice
<a href="#">&amp;lt;&amp;lt;Previous</a>	Internal	Passing Juice
<a href="#">Vancouver Thunderbirds</a>	External	Passing Juice
<a href="#">November 2022</a>	Internal	Passing Juice
<a href="#">September 2022</a>	Internal	Passing Juice
<a href="#">November 2021</a>	Internal	Passing Juice
<a href="#">October 2021</a>	Internal	Passing Juice
<a href="#">December 2020</a>	Internal	Passing Juice
<a href="#">August 2020</a>	Internal	Passing Juice
<a href="#">July 2020</a>	Internal	Passing Juice
<a href="#">May 2020</a>	Internal	Passing Juice
<a href="#">March 2020</a>	Internal	Passing Juice
<a href="#">January 2020</a>	Internal	Passing Juice
<a href="#">November 2019</a>	Internal	Passing Juice
<a href="#">October 2019</a>	Internal	Passing Juice
<a href="#">All</a>	Internal	Passing Juice
<a href="#">Web Hosting Canada</a>	External	noFollow

## SEO Keywords



## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
november	4	✘	✘	✘	✘




## Keywords Consistency

john	3	✓	✗	✗	✗
blog	3	✓	✗	✗	✗
gay	3	✓	✗	✗	✗
october	2	✗	✗	✗	✗


## Usability

	Url	Domain : johngay.ca Length : 10
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.


## Document

	Doctype	HTML 5				
	Encoding	Perfect. Your declared charset is UTF-8.				
	W3C Validity	Errors : 33 Warnings : 20				
	Email Privacy	Great no email address has been found in plain text!				
	Deprecated HTML	<table border="1"> <thead> <tr> <th>Deprecated tags</th> <th>Occurrences</th> </tr> </thead> <tbody> <tr> <td>&lt;font&gt;</td> <td>1</td> </tr> </tbody> </table> <p>Deprecated HTML tags are HTML tags that are no longer used. It is recommended that you remove or replace these HTML tags because</p>	Deprecated tags	Occurrences	<font>	1
Deprecated tags	Occurrences					
<font>	1					





## Document

		they are now obsolete.
	Speed Tips	<ul style="list-style-type: none"><li>✓ Excellent, your website doesn't use nested tables.</li><li>✗ Too bad, your website is using inline styles.</li><li>✗ Too bad, your website has too many CSS files (more than 4).</li><li>✗ Too bad, your website has too many JS files (more than 6).</li><li>✓ Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✗ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="http://www.johngay.ca/sitemap.xml">http://www.johngay.ca/sitemap.xml</a>
	Robots.txt	<a href="http://johngay.ca/robots.txt">http://johngay.ca/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics