








Website review sarahkpeck.com

Generated on April 07 2025 12:04 PM





The score is 56/100







SEO Content

	Title	<p>Hi, I'm Sarah Kathleen Peck. - Sarah K Peck</p> <p>Length : 43</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Length : 0</p> <p>Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1249 1481 1675"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>site_name</td> <td>Sarah K Peck - Get the most out of your life</td> </tr> <tr> <td>type</td> <td>article</td> </tr> <tr> <td>title</td> <td>Hi, I'm Sarah Kathleen Peck. - Sarah K Peck</td> </tr> <tr> <td>url</td> <td>https://www.sarahkpeck.com/</td> </tr> </tbody> </table>	Property	Content	locale	en_US	site_name	Sarah K Peck - Get the most out of your life	type	article	title	Hi, I'm Sarah Kathleen Peck. - Sarah K Peck	url	https://www.sarahkpeck.com/
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	Headings	<table border="1" data-bbox="539 1713 1481 1780"> <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>1</td> <td>5</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1809 1513 2078" style="list-style-type: none"> • [H2] Hi, I'm Sarah Peck. I'm the founder of Startup Parent, and I write about how people work and why we do the things we do. • [H3] In my work, I look at the fundamentals of psychology, behavior, habits, and ask questions about the nature of our existence. Most of my writing on this blog is personal: I use myself as a guinea pig to test new ways of building habits, learning, and growing. There's a lot of noise out there about supposed best practices, but I'm interested in what actually 	H1	H2	H3	H4	H5	H6	0	1	5	0	0	0
H1	H2	H3	H4	H5	H6									
0	1	5	0	0	0									

SEO Content

		<p>works, and why. For that reason, I strive to write about the entire picture, including the failures, mistakes, human quirks, and lessons learned.</p> <ul style="list-style-type: none">• [H3] SPEAKING• [H3] PODCASTS• [H3] COURSES + WORKSHOPS• [H3] GET IN TOUCH
	Images	<p>We found 3 images on this web page.</p> <p>2 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : 1%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>
	Iframe	<p>Great, there are no Iframes detected on this page.</p>

SEO Links

	URL Rewrite	<p>Good. Your links looks friendly!</p>
	Underscores in the URLs	<p>Perfect! No underscores detected in your URLs.</p>
	In-page links	<p>We found a total of 30 links including 0 link(s) to files</p>
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 33.33%</p> <p>Internal Links 66.67%</p>

In-page links

Anchor	Type	Juice
Books	Internal	Passing Juice

In-page links

Articles	Internal	Passing Juice
Podcast	Internal	Passing Juice
Reading	Internal	Passing Juice
2020	Internal	Passing Juice
2019	Internal	Passing Juice
2018	Internal	Passing Juice
2017	Internal	Passing Juice
Contact	Internal	Passing Juice
Newsletter	Internal	Passing Juice
Startup Parent,	External	Passing Juice
sign up for my newsletter	External	Passing Juice
I host a weekly podcast	External	Passing Juice
SPEAKING	Internal	Passing Juice
ARTICLES	Internal	Passing Juice
BOOKS	Internal	Passing Juice
STARTUP PARENT	External	Passing Juice
ASK SARA	External	Passing Juice
SPONSOR	External	Passing Juice
PATREON	Internal	Passing Juice
COURSE LIBRARY	Internal	Passing Juice
B-SCHOOL	Internal	Passing Juice
FOCUS ACCOUNTABILITY GROUP	Internal	Passing Juice
WISE WOMEN&#8217;S COUNCIL	External	Passing Juice
ABOUT	Internal	Passing Juice
NOW	Internal	Passing Juice
PRESS + MEDIA	Internal	Passing Juice
Terms of Use	External	Passing Juice
Privacy Policy	External	Passing Juice

In-page links

[here](#)

External

Passing Juice

SEO Keywords



Keywords Cloud

speaking own **habits** nature **sarah** site
peck life now touch












Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
sarah	4	✓	✗	✗	✓
peck	3	✓	✗	✗	✓
life	3	✗	✗	✗	✗
habits	3	✗	✗	✗	✓
nature	2	✗	✗	✗	✓





Usability

	Url	Domain : sarahkpeck.com Length : 14
	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 : 13 Warnings : 19
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.

Mobile

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

	XML Sitemap	Great, your website has an XML sitemap. https://sarahkpeck.com/sitemap.xml
	Robots.txt	http://sarahkpeck.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.

Optimization



Google Analytics