



# Website beoordeling sarahkpeck.com

Gegenereerd op April 07 2025 12:04 PM

De score is 56/100



## SEO Content

|           | Title                                        | Hi, I'm Sarah Kathleen Peck. - Sarah K Peck<br><b>Lengte : 43</b><br>Perfect, uw title tag bevat tussen de 10 en 70 karakters.                                                                                                                                                                                                                                                                                                             |                |                |                |                |                |          |         |        |       |           |                                              |      |         |       |                                             |     |                             |
|-----------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|----------------|----------------|----------------|----------|---------|--------|-------|-----------|----------------------------------------------|------|---------|-------|---------------------------------------------|-----|-----------------------------|
|           | Description                                  | <b>Lengte : 0</b><br>Erg slecht.we hebben geen meta description gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om een beschrijving te genereren.                                                                                                                                                                                                                                                   |                |                |                |                |                |          |         |        |       |           |                                              |      |         |       |                                             |     |                             |
|           | Keywords                                     | Erg slecht. We hebben geen meta keywords gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om keywords te genereren.                                                                                                                                                                                                                                                                                  |                |                |                |                |                |          |         |        |       |           |                                              |      |         |       |                                             |     |                             |
|           | Og Meta Properties                           | Goed, uw page maakt gebruik van Og Properties. <table><tr><th>Property</th><th>Content</th></tr><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></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/ |
| 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/                  |                                                                                                                                                                                                                                                                                                                                                                                                                                            |                |                |                |                |                |          |         |        |       |           |                                              |      |         |       |                                             |     |                             |
|           | Headings                                     | <b>H1</b><br>0                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>H2</b><br>1 | <b>H3</b><br>5 | <b>H4</b><br>0 | <b>H5</b><br>0 | <b>H6</b><br>0 |          |         |        |       |           |                                              |      |         |       |                                             |     |                             |
|           |                                              | <ul style="list-style-type: none"><li>• [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.</li><li>• [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,</li></ul> |                |                |                |                |                |          |         |        |       |           |                                              |      |         |       |                                             |     |                             |

## SEO Content

|                                                                                     |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                     |                 | <p>learning, and growing. There's a lot of noise out there about supposed best practices, but I'm interested in what actually 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"><li>• [H3] SPEAKING</li><li>• [H3] PODCASTS</li><li>• [H3] COURSES + WORKSHOPS</li><li>• [H3] GET IN TOUCH</li></ul> |
|    | Afbeeldingen    | <p>We vonden 3 afbeeldingen in de pagina.</p> <p>2 alt attributen ontbreken. Voeg alternatieve text toe zodat zoekmachines beter kunnen beoordelen wat het onderwerp van de afbeeldingen is.</p>                                                                                                                                                                                                                                           |
|    | Text/HTML Ratio | <p>Ratio : <b>1%</b></p> <p>De ratio van text tot HTML code is below 15 procent, dit betekent dat uw pagina waarschijnlijk meer tekst nodig heeft.</p>                                                                                                                                                                                                                                                                                     |
|    | Flash           | Perfect, geen Flash content gevonden in uw website.                                                                                                                                                                                                                                                                                                                                                                                        |
|  | Iframe          | Perfect, er zijn geen Iframes in uw website aangetroffen.                                                                                                                                                                                                                                                                                                                                                                                  |

## SEO Links

|                                                                                     |                        |                                                                                                       |
|-------------------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------------------------------------------|
|  | Herschreven URL        | Perfect. Uw links zien er vriendelijk uit!                                                            |
|  | Underscores in de URLs | Perfect! Geen underscores gevonden in uw URLs.                                                        |
|  | In-page links          | We vonden een totaal van 30 links inclusie 0 link(s) naar bestanden                                   |
|  | Statistics             | <p>Externe Links : noFollow 0%</p> <p>Externe Links : doFollow 33.33%</p> <p>Interne Links 66.67%</p> |

## In-page links

| Ankertekst                                     | Type   | samenstelling |
|------------------------------------------------|--------|---------------|
| <a href="#">Books</a>                          | Intern | doFollow      |
| <a href="#">Articles</a>                       | Intern | doFollow      |
| <a href="#">Podcast</a>                        | Intern | doFollow      |
| <a href="#">Reading</a>                        | Intern | doFollow      |
| <a href="#">2020</a>                           | Intern | doFollow      |
| <a href="#">2019</a>                           | Intern | doFollow      |
| <a href="#">2018</a>                           | Intern | doFollow      |
| <a href="#">2017</a>                           | Intern | doFollow      |
| <a href="#">Contact</a>                        | Intern | doFollow      |
| <a href="#">Newsletter</a>                     | Intern | doFollow      |
| <a href="#">Startup Parent.</a>                | Extern | doFollow      |
| <a href="#">sign up for my newsletter</a>      | Extern | doFollow      |
| <a href="#">I host a weekly podcast</a>        | Extern | doFollow      |
| <a href="#">SPEAKING</a>                       | Intern | doFollow      |
| <a href="#">ARTICLES</a>                       | Intern | doFollow      |
| <a href="#">BOOKS</a>                          | Intern | doFollow      |
| <a href="#">STARTUP PARENT</a>                 | Extern | doFollow      |
| <a href="#">ASK SARAH</a>                      | Extern | doFollow      |
| <a href="#">SPONSOR</a>                        | Extern | doFollow      |
| <a href="#">PATREON</a>                        | Intern | doFollow      |
| <a href="#">COURSE LIBRARY</a>                 | Intern | doFollow      |
| <a href="#">B-SCHOOL</a>                       | Intern | doFollow      |
| <a href="#">FOCUS ACCOUNTABILITY GROUP</a>     | Intern | doFollow      |
| <a href="#">WISE WOMEN&amp;#8217;S COUNCIL</a> | Extern | doFollow      |
| <a href="#">ABOUT</a>                          | Intern | doFollow      |
| <a href="#">NOW</a>                            | Intern | doFollow      |
| <a href="#">PRESS + MEDIA</a>                  | Intern | doFollow      |
|                                                |        |               |

## In-page links

|                                |        |          |
|--------------------------------|--------|----------|
| <a href="#">Terms of Use</a>   | Extern | doFollow |
| <a href="#">Privacy Policy</a> | Extern | doFollow |
| <a href="#">here</a>           | Extern | doFollow |

## SEO Keywords

|                                                                                  |                |                                                              |
|----------------------------------------------------------------------------------|----------------|--------------------------------------------------------------|
|  | Keywords Cloud | peck site habits speaking life sarah<br>now own nature touch |
|----------------------------------------------------------------------------------|----------------|--------------------------------------------------------------|

## Keywords Consistentie

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

## Bruikbaarheid

|                                                                                    |               |                                                 |
|------------------------------------------------------------------------------------|---------------|-------------------------------------------------|
|  | Url           | Domein : sarahkpeck.com<br>Lengte : 14          |
|  | Favicon       | Goed, uw website heeft een favicon.             |
|  | Printbaarheid | Jammer. We vonden geen Print-Vriendelijke CSS.  |
|  | Taal          | Goed. Uw ingestelde taal is en.                 |
|  | Dublin Core   | Deze pagina maakt geen gebruik van Dublin Core. |

## Bruikbaarheid

### Document

|                                                                                  |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Doctype                | HTML 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | Encoding               | Perfect. Uw ingestelde Charset is UTF-8.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|  | W3C Validiteit         | Fouten : 13<br>Waarschuwingen : 19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|  | E-mail Privacy         | Geweldig er is geen e-mail adres gevonden als platte tekst!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|  | Niet ondersteunde HTML | Geweldig! We hebben geen niet meer ondersteunde HTML tags gevonden in uw HTML.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|  | Speed Tips             | <div><div></div> Geweldig, uw website heeft geen tabellen in een tabel.</div> <div><div></div> Jammer, uw website maakt gebruik van inline styles.</div> <div><div></div> Geweldig, uw website heeft een correct aantal CSS bestanden.</div> <div><div></div> Jammer, uw website heeft teveel JS bestanden (meer dan 6).</div> <div><div></div> Perfect, uw website haalt voordeel uit gzip.</div> |

### Mobile

|                                                                                    |                     |                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Mobile Optimization | <div><div></div> Apple Icon</div> <div><div></div> Meta Viewport Tag</div> <div><div></div> Flash content</div> |
|------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Optimalisatie

|                                                                                    |             |                                                                                                                                               |
|------------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
|  | XML Sitemap | Geweldig, uw website heeft een XML sitemap.<br><div><a href="https://sarahkpeck.com/sitemap.xml">https://sarahkpeck.com/sitemap.xml</a></div> |
|                                                                                    | Robots.txt  | <a href="http://sarahkpeck.com/robots.txt">http://sarahkpeck.com/robots.txt</a>                                                               |

## Optimalisatie

|                                                                                  |           |                                                                                                                                                                    |
|----------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |           | Geweldig uw website heeft een robots.txt bestand.                                                                                                                  |
|  | Analytics | <p>Perfect, uw website heeft een analytics tool.</p> <div> Google Analytics</div> |