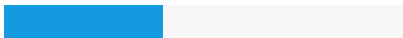




Website review abstinence.help

Generated on May 31 2025 09:14 AM

The score is 33/100



SEO Content

	Title	Le réseau social pour en finir avec ses addictions - STOP ADDICTIONS Length : 69 Perfect, your title contains between 10 and 70 characters.												
	Description	Length : 0 Very bad. We haven't found meta description on your page. Use this free online meta tags generator to create description.												
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.												
	Og Meta Properties	This page does not take advantage of Og Properties. This tags allows social crawler's better structurize your page. Use this free og properties generator to create them.												
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>2</td><td>17</td><td>1</td><td>0</td><td>0</td></tr></table> • [H1] Le réseau social pour en finir avec ses addictions • [H2] Autres sessions: • [H2] Découvrez nos outils pour en finir avec l'addiction • [H3] Compteur de jours • [H3] Calendrier d'abstinence • [H3] Grades + classement • [H3] Statistiques détaillées • [H3] Certificats d'abstinence • [H3] Equipes + messagerie • [H3] Compteur de jours • [H3] Grades + classement • [H3] Calendrier d'abstinence • [H3] Journal de bord • [H3] Statistiques détaillées • [H3] Certificats d'abstinence • [H3] Récompenses • [H3] Equipes + messagerie • [H3] Je pointe pour participer au challenge	H1	H2	H3	H4	H5	H6	1	2	17	1	0	0
H1	H2	H3	H4	H5	H6									
1	2	17	1	0	0									

SEO Content

		• [H3] J'améliore mon grade et mon classement • [H3] Je suis et partage ma progression • [H4] Choisir une session
	Images	We found 52 images on this web page. 52 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 : 2% 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	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 22 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 18.18% Internal Links 81.82%

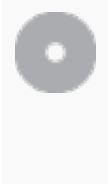
In-page links

Anchor	Type	Juice
Inscription	Internal	Passing Juice
Connexion	Internal	Passing Juice
Challenge	External	Passing Juice

In-page links

Equipes	Internal	Passing Juice
Membres	Internal	Passing Juice
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
Commencer le challenge ☐☐	Internal	noFollow
grade	Internal	Passing Juice
Mentions légales	Internal	Passing Juice
Politique d'utilisation des données	Internal	Passing Juice
Politique d'utilisation des cookies	External	Passing Juice
Conditions Générales d'Utilisation	Internal	Passing Juice
Conditions Générales de Vente	Internal	Passing Juice
Remerciements	External	Passing Juice
Crédits	Internal	Passing Juice
Nous contacter	External	Passing Juice

SEO Keywords



Keywords Cloud

acceptez l'utilisation du site j'ai commencé
poursuivant cookies plus savoir
fermer

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings

Keywords Consistency

fermer	2	×	×	×	×
commencer	1	×	×	×	×
poursuivant	1	×	×	×	×
jai	1	×	×	×	×
plus	1	×	×	×	×

Usability

	Url	Domain : abstinence.help Length : 15
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is fr.
	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 : 50 Warnings : 20				
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.				
	Deprecated HTML	<table><thead><tr><th>Deprecated tags</th><th>Occurrences</th></tr></thead><tbody><tr><td><u></td><td>4</td></tr></tbody></table> Deprecated HTML tags are HTML tags that are no longer used. It is	Deprecated tags	Occurrences	<u>	4
Deprecated tags	Occurrences					
<u>	4					

Document

		recommended that you remove or replace these HTML tags because they are now obsolete.
	Speed Tips	 Attention! Try to avoid nested tables in HTML.  Too bad, your website is using inline styles.  Too bad, your website has too many CSS files (more than 4).  Too bad, your website has too many JS files (more than 6).  Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	 Apple Icon  Meta Viewport Tag  Flash content
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Optimization

	XML Sitemap	Missing Your website does not have an XML sitemap - this can be problematic. A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.
	Robots.txt	http://abstinence.help/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics