

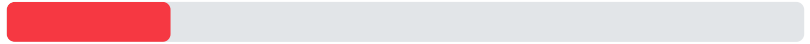


https://mindframeperformance.com

Report generated on Mar 08, 2024



15 Failed



2 Warnings



56 Passed



Common SEO issues

5 Failed

1 Warnings

19 Passed

✓ Meta Title Test

This webpage is using a title tag.

Text: Mindframe Performance | Sport Psychologist & Mindset Coach

Length: 58 characters

✓ Meta Description Test

This webpage is using a meta description tag.

Text: Improve your sport performance and optimise your mindset through mental skills, tools and techniques. Work with a Sport Psychologist to increase confidence and reduce anxiety. Contact us at +44 7930805733.

Length: 205 characters



Google Search Results Preview Test

Desktop version

<https://mindframeperformance.com/>

Mindframe Performance | Sport Psychologist & Mindset...

Improve your sport performance and optimise your mindset through mental skills, tools and techniques. Work with a Sport Psychologist to increase confidence and...

Mobile version

<https://mindframeperformance.com/>

Mindframe Performance | Sport Psychologist & Mindset Coach

Improve your sport performance and optimise your mindset through mental skills, tools and techniques. Work with a Sport...



✔ Social Media Meta Tags Test

This webpage is using social media meta tags.

Open Graph Meta Tags

og:locale	en_GB
og:type	website
og:title	Sport Psychology and Mindset Coaching
og:description	Improve your sport performance and optimise your mindset through mental skills, tools and techniques. Work with a Sport Psychologist to increase confidence and reduce anxiety. Contact us at +44 7930805733.
og:url	https://mindframeperformance.com
og:site_name	Mindframe Performance
og:image	https://mindframeperformance.com/wp-content/uploads/2023/09/mindframe-performance-logo-2.jpg
og:image:width	1200
og:image:height	630
og:image:type	image/jpeg

Twitter Card Meta Tags

twitter:card	summary_large_image
twitter:title	Sport Psychology and Mindset Coaching
twitter:image	https://mindframeperformance.com/wp-content/uploads/2023/09/mindframe-performance-logo-1.jpg

⊙ Most Common Keywords Test

There is likely no optimal keyword density (search engine algorithms have evolved beyond keyword density metrics as a significant ranking factor). It can be useful, however, to note which keywords appear most often on your page and if they reflect the intended topic of your page. More importantly, the keywords on your page should appear within natural sounding and grammatically correct copy.

15 performance 11 mindset 10 sport 10 sports 10 improve



✔ Keywords Usage Test

The most common keywords of this webpage are distributed well across the important HTML tags. This helps search engines to properly identify the topic of this webpage.

Keyword	Title tag	Meta description	Headings
performance	✔	✔	✔
mindset	✔	✔	✔
sport	✔	✔	✔
sports	✘	✘	✔
improve	✘	✔	✘

○ Keywords Cloud Test





⦿ Related Keywords Test

This URL is currently ranked in the top 20 organic Google listings for the search terms below:

- [regression to the mean quote](#)
- [mind frame](#)
- [mindframe](#)
- [mindframe meaning](#)
- [golf sports psychology](#)
- [regression to the mean psychology](#)
- [sports psychologist online](#)
- [what is regression to the mean in psychology](#)
- [regression towards the mean psychology](#)
- [regression toward the mean psychology](#)

⦿ Competitor Domains Test

There are no indexed competitors for this domain!



! Heading Tags Test

This webpage contains too many H2 tags! H2 tags should re-inforce the related content of your page to search engines - too many tags may make the topic less clear, or look like spam tactics. Consider using less than 10 H2 tags.

H1 tags

Sport Psychologist & Mindset Coach

H2 tags

Ready to transform your mindset?

How We Can Help

What Clients Say

Fill in Contact Form

Free Discovery Call

Psychological Assessment

Bespoke Mindset Plan

New Mindframe

High Performance & Enjoyment

Who Is It For?

What Sport Is It for?

FOOTBALL

Tennis

Boxing

CRICKET

Athletics

Showjumping

Golf

Archery



Badminton

Basketball

Bowls

Cricket

Skateboarding

Stock Car racing

Table Tennis

Touch Rugby

Ultimate frisbee

Weightlifting

Cheerleading

Cross Country

Cycling

Dancing

Darts

Downhill MTB

Dressage

Fencing

Football

Free flight

Go Karting

Gymnastics

Handball

Hockey

Hurling

Irish Dancing



Ironman

Jiu Jitsu

Karate

Kettlebell Pentathlon

MMA

Motor Racing

Music

Netball

Paddle

Petanque

Pool

RC Racing

Rowing

Rugby

Running

Sailing

Shooting

Skydiving

Snooker

Sprinting

Squash

Strongman

Stuntman

Swimming

Triathlon

Volleyball



Wrestling

All Sports

All Ages

All Abilities

Follow Us On Instagram

Menu

Get in Touch

Quick Links

✔ Robots.txt Test

Congratulations! Your site uses a "robots.txt" file.

<https://mindframeperformance.com/robots.txt>

✔ Sitemap Test

This website has a sitemap file.

https://mindframeperformance.com/sitemap_index.xml

✔ SEO Friendly URL Test

All links from this webpage are SEO friendly.

✘ Image Alt Test

This webpage is using "img" tags with empty or missing "alt" attribute!

How to pass this test?

In order to pass this test you must add an **alt** attribute to every **** tag used into your webpage.

An image with an alternate text specified is inserted using the following HTML line:

```

```

Remember that the point of alt text is to provide the same functional information that a visual user would see. Search engines, users who disabled images in their browsers and other agents who are unable to see the images on your webpage can read the alt attributes assigned to the image since they cannot view it.

Learn more about [optimizing images for SEO](#).



✘ Responsive Image Test

Not all images in this webpage are properly sized! This webpage is serving images that are larger than needed for the size of the user's viewport.

How to pass this test?

This issue can be fixed by using responsive images, which relies on creating multiple versions of each image, that are served via CSS media queries depending on the user's viewport dimensions.

Another solution can be to use vector-based image formats like SVG. SVG images scale appropriately to any size, without wasting unnecessary bandwidth. Also consider image CDNs that can help serve responsive images.

✔ Image Aspect Ratio Test

All image display dimensions match the natural aspect ratio.

✘ Inline CSS Test

This webpage is using inline CSS styles!

How to pass this test?

It is a good practice to move all the inline CSS rules into an external file in order to make your page "lighter" in weight and decrease the code to text ratio.

- check the HTML code of your page and identify all style attributes
- for each style attribute found you must properly move all declarations in the external CSS file and remove the style attribute

For example:

```
<!--this HTML code with inline CSS rule:-->
<p style="color:red; font-size: 12px">some text here</p>

<!--would became:-->
<p>some text here</p>

<!--and the rule added into your CSS file:-->
p{color:red; font-size: 12px}
```

✔ Deprecated HTML Tags Test

This webpage does not use HTML deprecated tags.



✘ Google Analytics Test

A Google Analytics script is not detected on this page. While there are several tools available to monitor your site's visitors and traffic sources, Google Analytics is a free, commonly recommended program to help diagnose potential SEO issues.

How to pass this test?

In order to pass this test you must create an account on [Google Analytics site](#) and insert into your page a small javascript tracking code.

Example:

```
<!-- Google Analytics -->
<script>
(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]||function(){
(i[r].q=i[r].q||[]).push(arguments)},i[r].l=1*new Date();a=s.createElement(o),
m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBefore(a,m)
})(window,document,'script','//www.google-analytics.com/analytics.js','ga');

ga('create', 'UA-XXXX-Y', 'auto');
ga('send', 'pageview');

</script>
<!-- End Google Analytics -->
```

Note that you have to change the 'UA-XXXX-Y' with the proper id which you'll find in your analytics account.

✔ Favicon Test

 This website appears to have a favicon.



⦿ Backlinks Test

This domain has an Authority Score of 6/100 while the Average Authority Score of top 100 sites is 89.5. Also, this domain has 378 backlinks from 93 referring domains and some recently found backlinks are listed below:

MAR 7, 2024 <https://miziro.ru/wfhmp1/2285/p468>

MAR 7, 2024 <https://miziro.ru/wfhmp1/22690/p9>

MAR 7, 2024 <https://miziro.ru/wfhmp1/47718/p19>

MAR 5, 2024 <https://miziro.ru/wfhmp1/3706/p67>

MAR 5, 2024 <https://miziro.ru/wfhmp1/82754/p12>

MAR 2, 2024 <https://miziro.ru/wfhmp1/4451/p27>

FEB 28, 2024 <https://miziro.ru/wfhmp1/10294/p179>

FEB 26, 2024 <https://www.vidipics.com/blogs/view/3491/a-deep-dive-into-the-impact-of-sport-psychologists-o...>

FEB 26, 2024 <https://www.vidipics.com/blogs/view/3491/a-deep-dive-into-the-impact-of-sport-psychologists-o...>

FEB 26, 2024 <https://www.vidipics.com/blogs/view/3491/a-deep-dive-into-the-impact-of-sport-psychologists-o...>

✔ JS Error Test

There are no severe JavaScript errors on this webpage.

✔ Console Errors Test

This webpage doesn't have any warnings or errors caught by the Chrome DevTools Console.

✔ Charset Declaration Test

This webpage has a character encoding declaration.

```
Content-Type: text/html; charset=UTF-8
```

✔ Social Media Test

This webpage is connected successfully with social media using:

[Facebook](#)



✖ HTML Page Size Test

The size of this webpage's HTML is **59.2 Kb**, and is greater than the average size of **33 Kb**! This can lead to slower loading times, [lost visitors](#), and decreased revenue. Good steps to reduce HTML size include: using [HTML compression](#), [CSS layouts](#), [external style sheets](#), and [moving javascript](#) to external files.

How to pass this test?

In order to resolve this problem you are advised to:

- use gzip compression
- move all CSS style rules into a single, external and minified CSS file
- minify all JS files and, if possible, try combining them into a single external JS file
- use CSS layouts

✔ DOM Size Test

The Document Object Model (DOM) of this webpage has **1,230 nodes** which is less than the recommended value of **1,500 nodes**.

✔ HTML Compression/GZIP Test

This webpage is successfully compressed using **gzip compression** on your code. The HTML code is compressed from **494.3 Kb** to **59.2 Kb** (**88% size savings**). This helps ensure a faster loading webpage and improved user experience.

✔ Site Loading Speed Test

The loading time of this webpage (measured from N. Virginia, US) is around **1.34 seconds** and this is under the average loading speed which is **5 seconds**.

✔ JS Execution Time Test

The JavaScript code used by this webpage is executed in less than **2 seconds**.



✔ Page Objects Test

This webpage has less than 20 http requests. A higher number of http requests results in a user's browser needing to request a large number of objects from the server, which will ultimately slow down the loading of your webpage.

Content size by content type

Content type	Percent	Size
Image	50.4 %	152.63 Kb
Html	23.4 %	70.91 Kb
Css	15.7 %	47.57 Kb
Font	10.4 %	31.57 Kb
Javascript	0.0 %	0 B
Other	0.0 %	0 B
TOTAL	100%	302.68 Kb

Requests by content type

Content type	Percent	Requests
Image	62.5 %	10
Font	25.0 %	4
Html	6.3 %	1
Css	6.3 %	1
Javascript	0.0 %	0
Other	0.0 %	0
TOTAL	100%	16

Content size by domain

Domain	Percent	Size
mindframeperformance.com	89.6 %	271.11 Kb
fonts.gstatic.com	10.4 %	31.57 Kb
TOTAL	100%	302.68 Kb



Requests by domain

Domain	Percent	Requests
mindframeperformance.com	75.0 %	12
fonts.gstatic.com	25.0 %	4
TOTAL	100%	16

✔ Page Cache Test (Server Side Caching)

This webpage is using a caching mechanism. [Caching](#) helps speed page loading times as well as reduces server load.

✔ Flash Test

This webpage does not include flash objects (an outdated technology that was sometimes used to deliver rich multimedia content). Flash content does not work well on mobile devices, and is difficult for crawlers to interpret.

✘ CDN Usage Test

This webpage is not serving resources (images, javascript and css) from CDNs!

How to pass this test?

In order to pass this test you are advised to use a CDN service. A Content Delivery Network (CDN) is a globally distributed network of web servers that allows a quick transfer of assets and provides high availability and high performance. The primary benefits of using a CDN service are:

- Improving website loading times
- Reducing bandwidth costs
- Increasing content availability and redundancy
- Improving website security

✔ Modern Image Format Test

This webpage is using images in a modern format.

✔ Image Metadata Test

This webpage is not using images with large metadata.



✘ Image Caching Test

This website is not using cache headers for images. Setting cache headers can help speed up the serving of a webpage for returning users. Learn more about [how to add expires headers to your images](#).

How to pass this test?

In order to reduce the number of HTTP requests, you can use the HTTP Expires header to set an expiration time for your images or any other content type. You can add the following lines into your `.htaccess` file:

```
<IfModule mod_expires.c>
  ExpiresActive on

  ExpiresByType image/jpg "access plus 1 month"
  ExpiresByType image/jpeg "access plus 1 month"
  ExpiresByType image/gif "access plus 1 month"
  ExpiresByType image/png "access plus 1 month"
</IfModule>
```

✔ JavaScript Caching Test

This webpage is not using uncached JavaScript resources from same domain!

✘ CSS Caching Test

This webpage is not using cache headers for CSS resources! Setting cache headers can help to speed up the webpage for returning users.

How to pass this test?

In order to reduce the number of HTTP requests, you can use the HTTP Expires header to set an expiration time for your CSS resources or any other content type. You can add the following lines into your `.htaccess` file:

```
<IfModule mod_expires.c>
  ExpiresActive on

  ExpiresByType text/css "access plus 1 month"
</IfModule>
```

✔ JavaScript Minification Test

This webpage is not using JavaScript resources from the same domain.

✔ CSS Minification Test

All CSS resources used by this webpage are minified.



✘ Render Blocking Resources Test

This webpage is using render blocking resources! Eliminating render-blocking resources can help this webpage to load significantly faster and will improve the website experience for your visitors.

How to pass this test?

In order to pass this test, you have to reduce the impact of render-blocking resources.

First, you have to identify what's critical and what's not. You can use the [Chrome DevTools \(Coverage tab\)](#) to identify non-critical CSS and JS.

Once you've identified critical code, you can try the below methods to eliminate render-blocking resources:

- inline critical JS within a script tag in your HTML document
- inline critical CSS required for the first paint inside a style block in the head of the HTML document
- move the script and link tags at the end of the HTML document
- add async or defer attributes to non-critical script or link tags
- split CSS styles into different files, organized by media query
- compress and minify your text-based resources

✔ Nested Tables Test

This webpage is not using nested tables. This speeds up page loading time and optimizes the user experience.

✔ Frameset Test

This webpage does not use frames.

✔ Doctype Test

This webpage has a doctype declaration.

```
<!DOCTYPE html>
```

✔ URL Redirects Test

This URL doesn't have any redirects (which could potentially cause site indexation issues and site loading delays).



✓ Largest Contentful Paint Test

The Largest Contentful Paint duration of this webpage is 1.1 seconds. To provide a good user experience, [Google recommends](#) that sites should strive to have Largest Contentful Paint of 2.5 seconds or less.

Largest Contentful Paint element within the viewport:

```

```

✓ Cumulative Layout Shift Test

The CLS score of this webpage is 0.0127. To provide a good user experience, [Google recommends](#) that sites should strive to have a CLS score of 0.1 or less.

DOM element which contributes the most to CLS score:

Html:

Score: 0.0127

Server and security

4 Failed

0 Warnings

6 Passed

✓ URL Canonicalization Test

<https://mindframeperformance.com/> and <https://www.mindframeperformance.com/> resolve to the same URL.



✔ SSL Checker and HTTPS Test

This website is successfully using HTTPS, a secure communication protocol over the Internet.

- ✔ The certificate is not used before the activation date.
- ✔ The certificate has not expired.
- ✔ The hostname "mindframeperformance.com" is correctly listed in the certificate.
- ✔ The certificate should be trusted by all major web browsers.
- ✔ The certificate was not revoked.
- ✔ The certificate was signed with a secure hash.

Certificate Chain:

Server certificate	
Common Name	mindframeperformance.com
Subject Alternative Names (SANs)	*.mindframeperformance.com, mindframeperformance.com
Not Valid Before	Thu, January 18th 2024, 7:58:55 am (UTC)
Not Valid After	Wed, April 17th 2024, 7:58:54 am (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	R3

Intermediate certificate	
Common Name	R3
Organization	Let's Encrypt
Location	US
Not Valid Before	Fri, September 4th 2020, 12:00:00 am (UTC)
Not Valid After	Mon, September 15th 2025, 4:00:00 pm (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	ISRG Root X1

Root certificate	
Common Name	ISRG Root X1



Organization	Internet Security Research Group
Location	US
Not Valid Before	Thu, June 4th 2015, 11:04:38 am (UTC)
Not Valid After	Mon, June 4th 2035, 11:04:38 am (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	ISRG Root X1

✓ Mixed Content Test (HTTP over HTTPS)

This webpage does not use mixed content - both the initial HTML and all other resources are loaded over HTTPS.

✗ HTTP2 Test

This webpage is not using the HTTP/2 protocol!

✓ Safe Browsing Test

This website is not currently listed as suspicious (no malware or phishing activity found).

✓ Server Signature Test

The server signature is off for this webpage.

✓ Directory Browsing Test

Directory browsing is disabled for this website.



✘ Plaintext Emails Test

We've found 1 email addresses in your page code! We advise you [to protect email links](#) in a way that hides them from the spam harvesters.

How to pass this test?

In order to pass this test you must make your email addresses invisible to email spiders. Note that the best option is to replace your entire contact mechanism with a contact form and using the POST method while submitting the form.

Other solutions are listed below:

- replace the at (@) and dot (.) characters
- replace text with images
- use email obfuscators
- hide email addresses using JavaScript or CSS trick

✘ Unsafe Cross-Origin Links Test

This webpage is using `target="_blank"` links without `rel="noopener"` or `rel="noreferrer"` attribute, which can expose it to performance and security issues!

How to pass this test?

In order to pass this test, you have to update each link identified in this report, by adding a `rel="noopener"` or a `rel="noreferrer"` attribute or both:

```
<a href="https://example.com" target="_blank" rel="noopener noreferrer">
  Click here
</a>
```

- `rel="noopener"` prevents the new page from being able to access the `window.opener` property and ensures it runs in a separate process.
- `rel="noreferrer"` has the same effect but also prevents the **Referer header** from being sent to the new page.

Mobile usability

0 Failed

0 Warnings

3 Passed

✔ Meta Viewport Test

This webpage is using a viewport meta tag.

```
<meta name="viewport" content="width=device-width, initial-scale=1.0, maximum-scale=1.0, user-scalable=0" />
```



✔ Media Query Responsive Test

This webpage is using CSS media queries, which is the base for responsive design functionalities.

⊙ Mobile Snapshot Test



Advanced SEO

1 Failed

1 Warnings

8 Passed

✔ Structured Data Test

This webpage is using structured data.

✔ Custom 404 Error Page Test

This website is using a custom 404 error page. We recommend to have a custom 404 error page in order to improve the website's user experience by letting users know that only a specific page is missing/broken (and not the entire site), providing them helpful links, the opportunity to report bugs, and potentially [track the source of broken links](#).



Noindex Tag Test

This webpage does not use the noindex meta tag. This means that it can be indexed by search engines.

Canonical Tag Test

This webpage is using the canonical link tag. This tag specifies that the URL: <https://mindframeperformance.com/> is preferred to be used in search results. Please ensure that this specification is correct, as canonical tags are often hard-coded and may not always reflect the latest changes in a site's URL structure.

```
<link href="https://mindframeperformance.com" rel="canonical"/>
```

Nofollow Tag Test

This webpage does not use the nofollow meta tag. This means that search engines will crawl all links from this webpage.

Disallow Directive Test

Your robots.txt file includes a disallow command which instructs search engines to avoid certain parts of your website! You are advised to confirm if access to these resources or pages are intended to be blocked (e.g., if they contain internal-only content or sensitive information).

Meta Refresh Test

This webpage is not using a meta refresh tag.



✘ SPF Records Test

This DNS server is not using an SPF record! SPF (Sender Policy Framework) allows administrators to specify which hosts are allowed to send mail from a given domain by creating a specific SPF record or TXT record in the Domain Name System (DNS). You can find more information about SPF records [here](#).

How to pass this test?

An **SPF record** is a type of **Domain Name Service (DNS)** record that allows email systems to check if the sender of a message comes from a legitimate source and refuse an email if the source is not legitimate. Adding an SPF record is as easy as adding CNAME, MX or A records in your DNS zone. You can find more information [here](#).

Before creating the SPF record for your domain, it is important to have access at your domain's DNS zone and to know what mail servers your domain is likely to use and plan how you want any non-authorized email to be handled.

Example:

Let's say that you are planning to send emails using Google Apps and you also want to ensure that no other mail servers are authorized. You can use an SPF record like this:

```
v=spf1 include:_spf.google.com -all
```

"v=spf1" - This sets the SPF version

"include:_spf.google.com" - This includes Google mail servers in your list of authorized sending servers

"-all" - This means that any server not previously listed is not authorized

If you are using your own VPS to send email and not any other service like Mandrill, Google Apps, etc. then you can create an SPF record like this:

```
v=spf1 mx -all
```

Note:

Setting an SPF record for your domain can help in reducing the chances of a spammer using your domain name in unsolicited emails. Research carefully what mail servers your domain is likely to use and plan how you want any non-authorized email to be handled.

! Ads.txt Validation Test

This website doesn't use an ads.txt file! Ads.txt is a text file that contains a list of Authorized Digital Sellers. The purpose of ads.txt files is to give advertisers and advertising networks the ability to verify who is allowed to sell advertising on your website