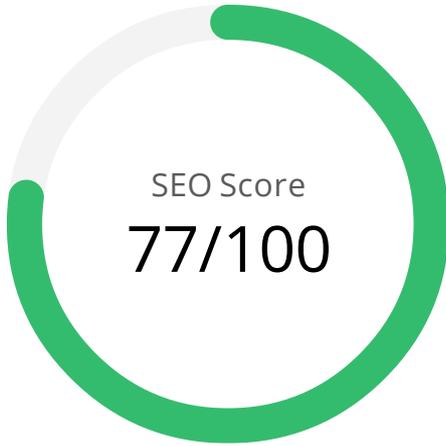


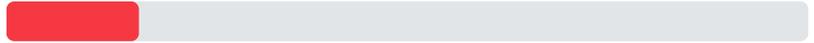


https://performanceinmind.co.uk

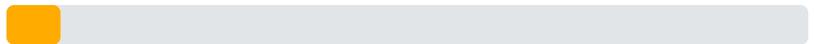
Report generated on Mar 08, 2024



12 Failed



5 Warnings



56 Passed



Common SEO issues

5 Failed

4 Warnings

16 Passed

✔ Meta Title Test

This webpage is using a title tag.

Text: Performance in Mind | Dr Josephine Perry | Sport Psychology

Length: 59 characters

⚠ Meta Description Test

This webpage is using a meta description tag with a length of 138 characters. We recommend using well-written and inviting meta descriptions with a length between 150 and 220 characters (spaces included).

Text: Sport, Stage, or Business. Whichever area you want to excel in, Performance in Mind can be by your side to help you perform exceptionally.

Length: 138 characters



Google Search Results Preview Test

Desktop version

<https://performanceinmind.co.uk/>

Performance in Mind | Dr Josephine Perry | Sport Psychology

Sport, Stage, or Business. Whichever area you want to excel in, Performance in Mind can be by your side to help you perform exceptionally.

Mobile version

<https://performanceinmind.co.uk/>

Performance in Mind | Dr Josephine Perry | Sport...

Sport, Stage, or Business. Whichever area you want to excel in, Performance in Mind can be by your side to help you perform...



✔ 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	Performance in Mind Dr Josephine Perry Sport Psychology
og:description	Sport, Stage, or Business. Whichever area you want to excel in, Performance in Mind can be by your side to help you perform exceptionally.
og:url	https://performanceinmind.co.uk/
og:site_name	Performance in Mind

Twitter Card Meta Tags	
twitter:card	summary_large_image
twitter:label1	Estimated reading time
twitter:data1	9 minutes

○ 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.

12	performance	8	josie	5	help	5	have	5	athletes
----	-------------	---	-------	---	------	---	------	---	----------



✔ 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	✔	✔	✔
josie	✘	✘	✘
help	✘	✔	✔
have	✘	✘	✘
athletes	✘	✘	✘

○ Keywords Cloud Test





⦿ Related Keywords Test

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

- [scattered minds criticism](#)
- [how to recover from burnout uk](#)
- [6 weeks to go](#)
- [do hard things](#)
- [sports phycologist](#)
- [scattered minds](#)
- [scatter minds](#)
- [adam grant hidden potential](#)
- [sports psychologist.](#)
- [do hard things book](#)

⦿ Competitor Domains Test

This domain has an Authority Score of 21/100 while the Average Authority Score of top 100 sites is 89.5. Some of the most relevant competitors for this domain are listed below:

✔ Heading Tags Test

This webpage contains headings tags.

H1 tags

Strategies for performance success

Performance

in mind

H2 tags

Sports psychology

How I can help:

Client Testimonials

get in touch



✓ Robots.txt Test

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

<https://performanceinmind.co.uk/robots.txt>

✓ Sitemap Test

This website has a sitemap file.

<https://performanceinmind.co.uk/sitemap.xml>

https://performanceinmind.co.uk/sitemap_index.xml

✗ SEO Friendly URL Test

This webpage contains URLs that are not SEO friendly!

How to pass this test?

In order for URLs to be SEO friendly, they should be clearly named for what they are and contain no spaces, underscores or other characters. You should avoid the use of parameters when possible, as they make URLs less inviting for users to click or share.

- If your website is new and is not indexed by search engines you can replace underscores with hyphens or redirect those links to URLs that use hyphens. BUT, if your website is ranked well by search engines you do not need to do this (probably you have other ranking factors working very well).

- The general advice remains: build links that contain hyphens rather than underscores and avoid dynamic URLs.

! 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

This webpage is using Google Analytics.



✖ Favicon Test

This website either doesn't have a favicon or this has not been referenced correctly!

How to pass this test?

To add a favicon to your site, you need to have your logo created in a 16x16 PNG, GIF or ICO image and uploaded to your web server. Then it's simply a matter of adding the following code into the header of your HTML code for your web pages:

```
<head>
  <link rel="icon" type="image/x-icon" href="url_to_my_favicon" />
  <title>My Title</title>
</head>
```

In the example above the "url_to_my_favicon" refers to the actual location of your favicon file.

○ Backlinks Test

This domain has an Authority Score of 21/100 while the Average Authority Score of top 100 sites is 89.5. Also, this domain has 1,546 backlinks from 534 referring domains and some recently found backlinks are listed below:

- MAR 7, 2024 <https://londonpenguin.com/page/5/?ID=64968&folder=64883&mode=viewimage&p=gallery>
- MAR 7, 2024 <https://londonpenguin.com/page/5/?ID=1150841&folder=1144151&mode=viewimage&p=gallery>
- MAR 7, 2024 <https://thuonghieuvacongluan.com/healing-add-gabor-mate-k.html>
- MAR 7, 2024 <https://www.freshiouz.com/healing-add-gabor-mate-k.html>
- MAR 7, 2024 <https://a7ressources.com/dr-gabor-mate-books-k.html>
- MAR 7, 2024 <https://ringen.de/ddabifshop/training/a27206338/keep-your-training-to-yourself/>
- MAR 6, 2024 <http://bharatexam.com/gabor-mate-add-k.html>
- MAR 6, 2024 <https://www.dtm-tune.com/dr-gabor-mate-books-k.html>
- MAR 6, 2024 <https://chaharsoogh.ir/gabor-mate-books-k.html>
- MAR 5, 2024 <https://www.kentac.org.uk/category/road/page/17/>

✔ JS Error Test

There are no severe JavaScript errors on this webpage.



! Console Errors Test

This webpage has some warnings caught by the Chrome DevTools Console!

How to pass this test?

In order to pass this test, you have to fix all the warnings reported in Chrome DevTools console. You can also visit Google's documentation for further troubleshooting support:

<https://developer.chrome.com/docs/devtools/issues/>

✓ Charset Declaration Test

This webpage has a character encoding declaration.

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

✗ Social Media Test

This webpage is not connected with social media using the API's provided by Facebook, Google +, Twitter, Pinterest, or using addthis.com

How to pass this test?

In order to pass this test you must connect your website with at least one major social network. To do that, you must insert into your page some social networks plugins: [Facebook Like Button](#), [Facebook Share Button](#), [Facebook Comments](#), [Twitter Button](#), [Google +1 Button](#), [Pinterest Button](#) or [AddThis Widget](#)

Speed optimizations

4 Failed

0 Warnings

21 Passed

✓ HTML Page Size Test

The size of this webpage's HTML is **30.16 Kb** and is under the average webpage's HTML size of **33 Kb**. Faster loading websites result in a better user experience, higher conversion rates, and generally better search engine rankings.

✓ DOM Size Test

The Document Object Model (DOM) of this webpage has **308 nodes** which is less than the recommended value of **1,500 nodes**.



✔ HTML Compression/GZIP Test

This webpage is successfully compressed using **br compression** on your code. The HTML code is compressed from 171.71 Kb to 30.16 Kb (82% 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 **3.56 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 is using more than 20 http requests, which can slow down page loading and negatively impact user experience!

Content size by content type

Content type	Percent	Size
Image	81.3 %	4.20 Mb
Javascript	9.2 %	489.38 Kb
Font	7.0 %	368.47 Kb
Css	1.3 %	69.86 Kb
Html	1.0 %	54.12 Kb
Other	0.2 %	9.22 Kb
TOTAL	100%	5.17 Mb

Requests by content type

Content type	Percent	Requests
Javascript	31.3 %	15
Font	29.2 %	14
Css	16.7 %	8
Image	12.5 %	6
Other	6.3 %	3
Html	4.2 %	2
TOTAL	100%	48

Content size by domain

Domain	Percent	Size
performanceinmind.co.uk	86.5 %	4.47 Mb
fonts.gstatic.com	5.2 %	277.44 Kb
gstatic.com	4.2 %	221.28 Kb



googletagmanager.com	2.9 %	152.78 Kb
google.com	0.8 %	44.63 Kb
google-analytics.com	0.4 %	20.83 Kb
TOTAL	100%	5.17 Mb

Requests by domain

Domain	Percent	Requests
performanceinmind.co.uk	45.8 %	22
fonts.gstatic.com	27.1 %	13
google.com	10.4 %	5
gstatic.com	6.3 %	3
google-analytics.com	6.3 %	3
googletagmanager.com	4.2 %	2
TOTAL	100%	48

✓ 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 serving all images, javascript and css resources from CDNs.



✘ Modern Image Format Test

This webpage is not serving images in a modern format! Image formats like [JPEG 2000](#), [JPEG XR](#), and [WebP](#) often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

How to pass this test?

In order to pass this test, convert all the images listed in this report into a modern image format such as [JPEG 2000](#), [JPEG XR](#) or [WebP](#).

It's important to understand that the modern image formats, like WebP, are not yet widely supported across all devices and browsers. You can find [here](#) a full list of supported browsers and devices for the WebP format.

If your target audience falls within one of the unsupported browser/device categories, you should serve optimized fall-back images in the original JPEG/PNG format so that your users don't see a broken or badly designed page:

```
<!--Before:-->


<!--After:-->
<picture>
  <source type="image/webp" srcset="image.webp">
  
</picture>
```

The browser uses the first listed source that's in a format it supports. If the browser does not support any of the formats listed in the "source" tags, it falls back to loading the image specified by the "img" tag.

✔ Image Metadata Test

This webpage is not using images with large metadata.

✔ Image Caching Test

This website is using cache headers for images and the browsers will display these images from the cache.

✔ JavaScript Caching Test

This webpage is using cache headers for all JavaScript resources.

✔ CSS Caching Test

This webpage is using cache headers for all CSS resources.

✔ JavaScript Minification Test

All JavaScript files used by this webpage are minified.



✔ 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 1.24 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:

Text: STRATEGIES FOR PERFORMANCE SUCCESS PERFORMANCE IN MIND GET IN TOU...

Html: <div class="et_pb_section et_pb_section_0 et_pb_with_backgroun...">

✗ Cumulative Layout Shift Test

The CLS score of this webpage is 0.4890. 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:

Text: STRATEGIES FOR PERFORMANCE SUCCESS SPORTS PSYCHOLOGY WITH DR. JOSEPHINE PERRY S...

Html: <div class="et_pb_section et_pb_section_1 et_pb_with_backgroun...">

Score: 0.4808

How to pass this test?

Reducing CLS is crucial as pages that move around can result in a negative user experience (particularly on mobile devices). For most websites, you can avoid all unexpected layout shifts by sticking to a few guiding principles:

- Always include size attributes on your images and video elements, or otherwise reserve the required space with something like CSS aspect ratio boxes. This approach ensures that the browser can allocate the correct amount of space in the document while the image is loading.
- Try and avoid inserting dynamic content (e.g., banners, forms, etc.) above existing content unless in response to user interaction. This ensures any layout shifts that occur are expected.
- Prefer transform animations to animations of properties that trigger layout changes. Animate transitions in a way that provides context and continuity from state to state.

Server and security

3 Failed

0 Warnings

7 Passed

✓ URL Canonicalization Test

<https://performanceinmind.co.uk/> and <https://www.performanceinmind.co.uk/> 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 "performanceinmind.co.uk" 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	performanceinmind.co.uk
Subject Alternative Names (SANs)	performanceinmind.co.uk, *.performanceinmind.co.uk
Not Valid Before	Wed, February 14th 2024, 8:46:57 pm (UTC)
Not Valid After	Tue, May 14th 2024, 8:46:56 pm (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	GTS CA 1P5
Intermediate certificate	
Common Name	GTS CA 1P5
Organization	Google Trust Services LLC
Location	US
Not Valid Before	Thu, August 13th 2020, 12:00:42 am (UTC)
Not Valid After	Thu, September 30th 2027, 12:00:42 am (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	GTS Root R1
Root certificate	
Common Name	GTS Root R1
Organization	Google Trust Services LLC



Location	US
Not Valid Before	Wed, June 22nd 2016, 12:00:00 am (UTC)
Not Valid After	Sun, June 22nd 2036, 12:00:00 am (UTC)
Signature Algorithm	sha384WithRsaEncryption
Issuer	GTS Root R1

✖ Mixed Content Test (HTTP over HTTPS)

This webpage is using mixed content! While the initial HTML is loaded over a secure HTTPS connection, other resources (such as images, videos, stylesheets, scripts) may be loaded over an insecure HTTP connection, which may result in blocked content or unexpected page behavior.

How to pass this test?

In order to pass this test, make sure that all resources on the page are loaded over HTTPS.

✔ HTTP2 Test

This webpage is 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

This webpage does not include email addresses in plaintext.



✘ 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.

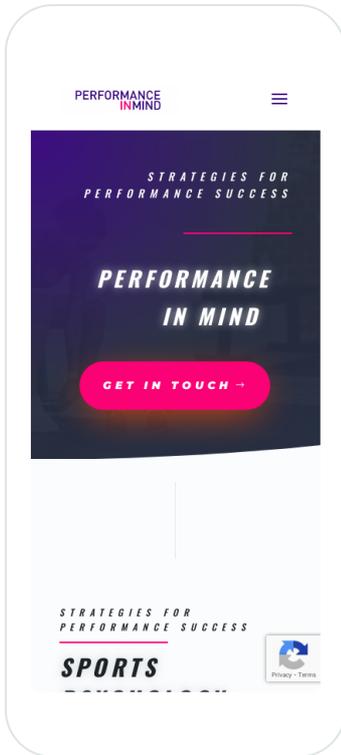
```
<meta name="viewport" content="width=device-width, initial-scale=1.0, maximum-scale=1.0, user-scalable=0" />
```

✔ Media Query Responsive Test

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



Mobile Snapshot Test



Advanced SEO

0 Failed

1 Warnings

9 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://performanceinmind.co.uk/> 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://performanceinmind.co.uk/" 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 using an SPF record.

```
v=spf1 include:spf.hosts.co.uk ~all
```

⚠ 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.