The score is 73/100

SEO Content

✓	Title	Best Cognitive Training Exercises for 2025 **Length : 42** Perfect, your title contains between 10 and 70 characters.
✓	Description	Explore cognitive training exercises and programs to boost memory and focus. Discover games and therapy for adults, seniors, and dementia care. **Length : 143** Great, your meta description contains between 70 and 160 characters.
✗	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	Good, your page take advantage of Og Properties.

Property	Content
title	Best Cognitive Training Exercises for 2025
description	Explore cognitive training exercises and programs to boost memory and focus. Discover games and therapy for adults, seniors, and dementia care.
type	website

Headings

H1	H2	H3	H4	H5	H6
1	7	10	0	0	0

- [H1] Top Cognitive Training for a Sharper Mind
- [H2] Alex Rivera
- [H2] Introduction
- [H2] What Is Cognitive Training?
- [H2] Best Cognitive Training Programs and Exercises
- [H2] Cognitive Training for Specific Needs

SEO Content

		• [H2] FAQ • [H2] Conclusion • [H3] About the Author: • [H3] Connect with Alex • [H3] What is cognitive training? • [H3] Do these brain exercises actually work? • [H3] Are there good programs for seniors? • [H3] Can this kind of training help with dementia? • [H3] What counts as a cognitive training game? • [H3] Can I do CBT-style training online? • [H3] Can this stuff actually prevent Alzheimer's? • [H3] What are some of the best programs out there?
✓	Images	We found 6 images on this web page. Good, most or all of your images have alt attributes.
✓	Text/HTML Ratio	Ratio : **60%** Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
✓	Flash	Perfect, no Flash content has been detected on this page.
✓	Iframe	Great, there are no Iframes detected on this page.

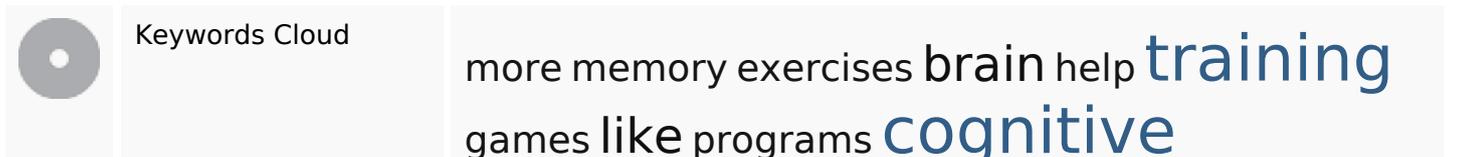# SEO Links

✓	URL Rewrite	Good. Your links looks friendly!
✓	Underscores in the URLs	Perfect! No underscores detected in your URLs.
✓	In-page links	We found a total of 10 links including 0 link(s) to files
○	Statistics	External Links : noFollow 0% External Links : Passing Juice 20% Internal Links 80%

In-page links

Anchor	Type	Juice
Author	Internal	Passing Juice
Introduction	Internal	Passing Juice
Training	Internal	Passing Juice
Programs	Internal	Passing Juice
Specific	Internal	Passing Juice
FAQ	Internal	Passing Juice
Conclusion	Internal	Passing Juice
LinkedIn	Internal	Passing Juice
cognitive training games	External	Passing Juice
improve logic	External	Passing Juice

SEO Keywords

Keywords Cloud	more memory exercises brain help training games like programs cognitive

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
cognitive	49	✔	✖	✔	✔
training	49	✔	✖	✔	✔
brain	21	✖	✖	✖	✔
like	20	✖	✖	✖	✖
programs	15	✖	✖	✔	✔

Usability

	Url	Domain : cognitivetraining.net Length : 21

Usability

●		
✓	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 : 0 Warnings : 0
✓	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	✓ Excellent, your website doesn't use nested tables. ✖ Too bad, your website is using inline styles. ✓ Great, your website has few CSS files. ✓ Perfect, your website has few JavaScript files. ✓ Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization		
		✔	Apple Icon
		✔	Meta Viewport Tag
		✔	Flash content

Optimization

	XML Sitemap	Great, your website has an XML sitemap.
✔		https://cognitivetraining.net/sitemap.xml
✔	Robots.txt	http://cognitivetraining.net/robots.txt Great, your website has a robots.txt file.
✖	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.