The score is 71/100

SEO Content

✅	Title	How to Improve Short-Term Memory: Effective Exercises & Tips **Length : 60** Perfect, your title contains between 10 and 70 characters.
⚠️	Description	Short-term memory (working memory) helps you retain and use information for immediate tasks. These research-backed techniques can boost your ability to remember names, directions, and details in daily life. **Length : 206** Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.
❌	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	How to Improve Short-Term Memory: Effective Exercises & Tips
description	Short-term memory (working memory) helps you retain and use information for immediate tasks. These research-backed techniques can boost your ability to remember names, directions, and details in daily life.
type	website

⚪	Headings	**H1** 1	**H2** 8	**H3** 2	**H4** 18	**H5** 0	**H6** 0

- [H1] Science-Backed Ways to Strengthen Short-Term Memory
- [H2] Stephen Fischer

SEO Content

- [H2] Introduction
- [H2] Top 5 Short-Term Memory Boosters
- [H2] Science-Backed Lifestyle Tips
- [H2] Best Apps for Short-Term Memory Training
- [H2] FAQ
- [H2] Sample Daily Memory Workout
- [H2] Final Tips for a Sharper Memory
- [H3] About the Author
- [H3] Connect with Stephen
- [H4] 1. Chunking
- [H4] 2. Repetition (Rehearsal)
- [H4] 3. Brain Games
- [H4] 4. Physical Exercise
- [H4] 5. Mindfulness Meditation
- [H4] 1. Get Enough Sleep
- [H4] 2. Exercise Regularly
- [H4] 3. Eat Brain-Boosting Foods
- [H4] 4. Reduce Stress
- [H4] 5. Stay Hydrated
- [H4] Can short-term memory be improved?
- [H4] How fast will I see results?
- [H4] Do memory games really work?
- [H4] Why do I forget things quickly?
- [H4] Are there supplements that help?
- [H4] Can exercise improve memory?
- [H4] Is short-term memory loss normal with aging?
- [H4] What's the #1 best exercise?

✅	Images	We found 7 images on this web page. Good, most or all of your images have alt attributes.
✅	Text/HTML Ratio	Ratio : **61%** 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.

SEO Links

✓	In-page links	We found a total of 12 links including 0 link(s) to files
⊙	Statistics	External Links : noFollow 0% External Links : Passing Juice 25% Internal Links 75%

In-page links

Anchor	Type	Juice
Author	Internal	Passing Juice
Introduction	Internal	Passing Juice
Boosters	Internal	Passing Juice
Lifestyle	Internal	Passing Juice
Apps	Internal	Passing Juice
FAQ	Internal	Passing Juice
Workout	Internal	Passing Juice
Tips	Internal	Passing Juice
LinkedIn	Internal	Passing Juice
how to improve your short term memory	External	Passing Juice
Download cognitive apps	External	Passing Juice
math skills	External	Passing Juice

SEO Keywords

⊙	Keywords Cloud	exercise games **brain** **memory** apps short-term improve mnemonic focus how

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings

Keywords Consistency

memory	37	✓	✗	✓	✓
brain	34	✗	✗	✗	✓
improve	20	✓	✗	✗	✓
short-term	18	✓	✗	✓	✓
mnemonic	15	✗	✗	✗	✗

Usability

	Url	Domain : howtoimproveshorttermmemory.com Length : 31
✓	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.

Document

	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://howtoimproveshorttermmemory.com/sitemap.xml
	Robots.txt	http://howtoimproveshorttermmemory.com/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.