



# Website review impulsebraintraining.com

Generated on February 12 2026 12:53 PM

The score is 76/100





## SEO Content

	Title	<p>Impulse Brain Training: Science-Backed Cognitive Workouts</p> <p><b>Length : 57</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Looking for fast, effective brain training? Impulse-style exercises target attention, impulse control, and mental agility through quick, challenging games.</p> <p><b>Length : 155</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 1765"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>Impulse Brain Training: Science-Backed Cognitive Workouts</td> </tr> <tr> <td>description</td> <td>Looking for fast, effective brain training? Impulse-style exercises target attention, impulse control, and mental agility through quick, challenging games.</td> </tr> <tr> <td>type</td> <td>website</td> </tr> </tbody> </table>	Property	Content	title	Impulse Brain Training: Science-Backed Cognitive Workouts	description	Looking for fast, effective brain training? Impulse-style exercises target attention, impulse control, and mental agility through quick, challenging games.	type	website				
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	Headings	<table border="1" data-bbox="544 1787 1481 1861"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>8</td> <td>2</td> <td>19</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1899 1501 2056" style="list-style-type: none"> <li>• [H1] Impulse Brain Training – Boost Focus &amp; Memory in Minutes a Day</li> <li>• [H2] Lena Torres</li> <li>• [H2] Why I Got Interested in Impulse Brain Training</li> <li>• [H2] What is Impulse Brain Training?</li> </ul>	H1	H2	H3	H4	H5	H6	1	8	2	19	0	0
H1	H2	H3	H4	H5	H6									
1	8	2	19	0	0									



## SEO Content

		<ul style="list-style-type: none"><li>• [H2] 5-Minute Impulse Workout Routine</li><li>• [H2] The Science Behind Impulse Training</li><li>• [H2] Best Impulse Training Apps</li><li>• [H2] FAQ</li><li>• [H2] Final Recommendation</li><li>• [H3] Best Impulse Control Brain Games</li><li>• [H3] Pro Training Tips</li><li>• [H4] About the author</li><li>• [H4] Connect with Lena:</li><li>• [H4] Response inhibition</li><li>• [H4] Working memory</li><li>• [H4] Cognitive flexibility</li><li>• [H4] Attention control</li><li>• [H4] Stroop task:</li><li>• [H4] Go/No-Go</li><li>• [H4] N-Back task</li><li>• [H4] Flanker test</li><li>• [H4] Quick math race</li><li>• [H4] How is impulse training different from regular brain games?</li><li>• [H4] Can it help with ADHD?</li><li>• [H4] How quickly will I see results?</li><li>• [H4] Is there an age limit for this training?</li><li>• [H4] Which exercise is best for quick reactions?</li><li>• [H4] Can I overtrain my brain?</li><li>• [H4] Do I need special equipment?</li><li>• [H4] How does this compare to meditation?</li></ul>
	Images	We found 6 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : <b>57%</b> 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 8 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
<a href="#">Interest</a>	Internal	Passing Juice
<a href="#">Training</a>	Internal	Passing Juice
<a href="#">Routine</a>	Internal	Passing Juice
<a href="#">Science</a>	Internal	Passing Juice
<a href="#">Apps</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">Impulse Brain Training app</a>	External	Passing Juice
<a href="#">improves focus and flexibility</a>	External	Passing Juice

## SEO Keywords

	Keywords Cloud	control time <b>training brain</b> best apps test <b>impulse</b> focus attention
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## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
training	31	✓	✗	✓	✓
impulse	28	✓	✗	✓	✓







## Keywords Consistency

brain	27	✓	✗	✓	✓
test	10	✗	✗	✗	✓
control	9	✗	✗	✓	✓

## Usability

	Url	Domain : impulsebraintraining.com Length : 24
	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	<ul style="list-style-type: none"><li>✓ Excellent, your website doesn't use nested tables.</li><li>✗ Too bad, your website is using inline styles.</li></ul>

## Document

- ✔ 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://impulsebraintraining.com/sitemap.xml>



### Robots.txt

<http://impulsebraintraining.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.