

## Optimize Your Blog or Website

### Checklist

- ☐ Choose a Key Phrase
  - ☐ Include it in your Title
  - ☐ Include it in your Meta- Description
  - ☐ Include it in your start of your web copy (*optional*)
- ☐ Use Key Phrase and different variations in blog post or web copy
- ☐ Use Key Phrase and different variations in Subheadings
- ☐ Internal Links (links that lead to other pages or posts on *your website*)
- ☐ External Links (links that lead elsewhere on the internet)
- ☐ Images with Alt Attributes
- ☐ Images
- ☐ At least 300 words
  - ☐ 1200-1500 words
  - ☐ Keyword/phrase used 2x per 130-135 words