

Serial	Post/Page Title	Post/Page Link	SEO Status (Yoast)	Title Optimized (Yes/No)	H1, H2, H3 Fixed (Yes/No)	Meta Description Added (Yes/No)	Internal Linking Done (Yes/No)	Anchor Keyword	
1	Gym Business Guide: Should You?	https://musclefitness.com/gym-business-guide-should-you/	GOOD	Yes	Yes	Yes	Yes	gym business	
2	Strains and Sprains	https://musclefitness.com/strains-and-sprains/	GOOD	Yes	Yes	Yes	Yes	Sprains and strains	
3	Starting Your Workout: What Equipment Do You Need?	https://musclefitness.com/starting-your-workout-what-equipment-do-you-need/	GOOD	Yes	Yes	Yes	Yes	workout beginner	
4	Miscommunication	https://musclefitness.com/miscommunication/	GOOD	No	Yes	Yes	Yes	Miscommunication	
5	Laughs	https://musclefitness.com/laughs/	GOOD	No	Yes	Yes	Yes	need Laughs	
6	Comedy Part 2: Exploration	https://musclefitness.com/comedy-part-2-exploration/	GOOD	No	Yes	Yes	Yes	exchanges and interactions	
7	Comedy	https://musclefitness.com/comedy/	GOOD	No	Yes	Yes	Yes	health and wellness	
8	How to Get Finance for my New Business	https://musclefitness.com/how-to-get-finance-for-my-new-business/	GOOD	No	Yes	Yes	Yes	fitness business	
9	Women Supplementation	https://musclefitness.com/women-supplementation/	GOOD	No	Yes	Yes	Yes	health and wellness	
10	Physical Therapy	https://musclefitness.com/physical-therapy/	GOOD	Yes	Yes	Yes	Yes	stretching	
11	Creatine	https://musclefitness.com/creatine/	GOOD	Yes	Yes	Yes	Yes	using supplements	
12	Intermittent Fasting	https://musclefitness.com/intermittent-fasting/	GOOD	No	Yes	Yes	Yes	staying in shape	
13	A Guide to Pregnancy Exercise	https://musclefitness.com/a-guide-to-pregnancy-exercise/	GOOD	No	Yes	Yes	Yes	your focus	
14	Elevation Training	https://musclefitness.com/elevation-training/	GOOD	No	Yes	Yes	Yes	muscles	
15	More than Muscles: Role of other factors	https://musclefitness.com/more-than-muscles-role-of-other-factors/	GOOD	No	Yes	Yes	Yes	blood pressure rise	
16	Massage Guns	https://musclefitness.com/massage-guns/	GOOD	No	Yes	Yes	Yes	muscle fibers	
17	How to Become a Personal Trainer	https://musclefitness.com/how-to-become-a-personal-trainer/	GOOD	No	Yes	Yes	Yes	personal trainer, fitness director	
18	Common Gym Hygiene Infections	https://musclefitness.com/common-gym-hygiene-infections/	GOOD	No	Yes	Yes	Yes	before and after workouts	
19	Depression and Anxiety	https://musclefitness.com/depression-and-anxiety/	GOOD	No	Yes	Yes	Yes	gym	
20	Motivation, Self-love and Workouts	https://musclefitness.com/motivation-self-love-and-workouts/	GOOD	Yes	Yes	Yes	Yes	Motivation is simply	
21	Neck Muscles	https://musclefitness.com/neck-muscles/	GOOD	No	Yes	Yes	Yes	The neck muscles	
22	Inverted Exercises	https://musclefitness.com/inverted-exercises/	GOOD	No	Yes	Yes	Yes	Inverted Exercises	
23	8 Uncommon Superfoods to boost your health	https://musclefitness.com/8-uncommon-superfoods-to-boost-your-health/	GOOD	Yes	Yes	Yes	Yes	antioxidants	
24	Relevant Adaptogens	https://musclefitness.com/relevant-adaptogens/	GOOD	No	Yes	Yes	Yes	mental fatigue and improve focus	
25	Low Testosterone	https://musclefitness.com/low-testosterone/	GOOD	No	Yes	Yes	Yes	muscles and organs	
26	Defining a Dietary Deficiency	https://musclefitness.com/defining-a-dietary-deficiency/	GOOD	Yes	Yes	Yes	Yes	organ failure	
27	Stretch Marks and Bodybuilding	https://musclefitness.com/stretch-marks-and-bodybuilding/	GOOD	No	Yes	Yes	Yes	find stretch marks attractive	
28	Free Radicals and Antioxidants	https://musclefitness.com/free-radicals-and-antioxidants/	GOOD	No	Yes	Yes	Yes	where antioxidants come	
29	Best Hydration Supplements	https://musclefitness.com/best-hydration-supplements/	GOOD	No	Yes	Yes	Yes	electrolytes like sodium	
30	What is pH, and How Should We Measure It?	https://musclefitness.com/what-is-ph-and-how-should-we-measure-it/	GOOD	Yes	Yes	Yes	Yes	power of Hydrogen	
31									
32									
33									
34									
35									
36									
37									
38									
39									
40									
41									
42									
43									
44									
45									
46									
47									
48									
49									
50									
51									
52									
53									
54									
55									
56									
57									
58									
59									
60									