

On Page SEO Check List

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Chosen Keyword for this post/page: Windows 8 dvd (for example)

1. If the article is not worth to index by search engines (very short, announcements/news/competitions/copied from other sites and no SEO value) then make it ' noindex, nofollow ' OR ' noindex, dofollow '	<input type="checkbox"/>
2. Is Windows 8 dvd included in Post/Page URL ?	<input type="checkbox"/>
3. Is Windows 8 dvd included in Post/Page Title ? Is it between 60 to 80 Characters?	<input type="checkbox"/>
4. Is Windows 8 dvd included in Meta description ? In first Sentence ? Is it with 160 to 180 characters?	<input type="checkbox"/>
5. Is Windows 8 dvd listed as first keyword in your SEO Plug in keywords field ?	<input type="checkbox"/>
6. Is Windows 8 dvd included in first paragraph of your post/page content?	<input type="checkbox"/>
7. Is Windows 8 dvd included in H1 ? Also in H2,H3 and Bullet Points (if available) ?	<input type="checkbox"/>
8. Is Windows 8 dvd included in Alternate Text of a picture in post/page?	<input type="checkbox"/>
9. Could you manage to interlink your old post with the Windows 8 dvd ?	<input type="checkbox"/>
10. Could you manage to link one of the external related post with the Windows 8 dvd ?	<input type="checkbox"/>
11. Is your post having more than 500 words to accommodate number of Windows 8 dvd words?	<input type="checkbox"/>

You could find more explanations and comments about this SEO check in [my blog post \(Click here\)](#)