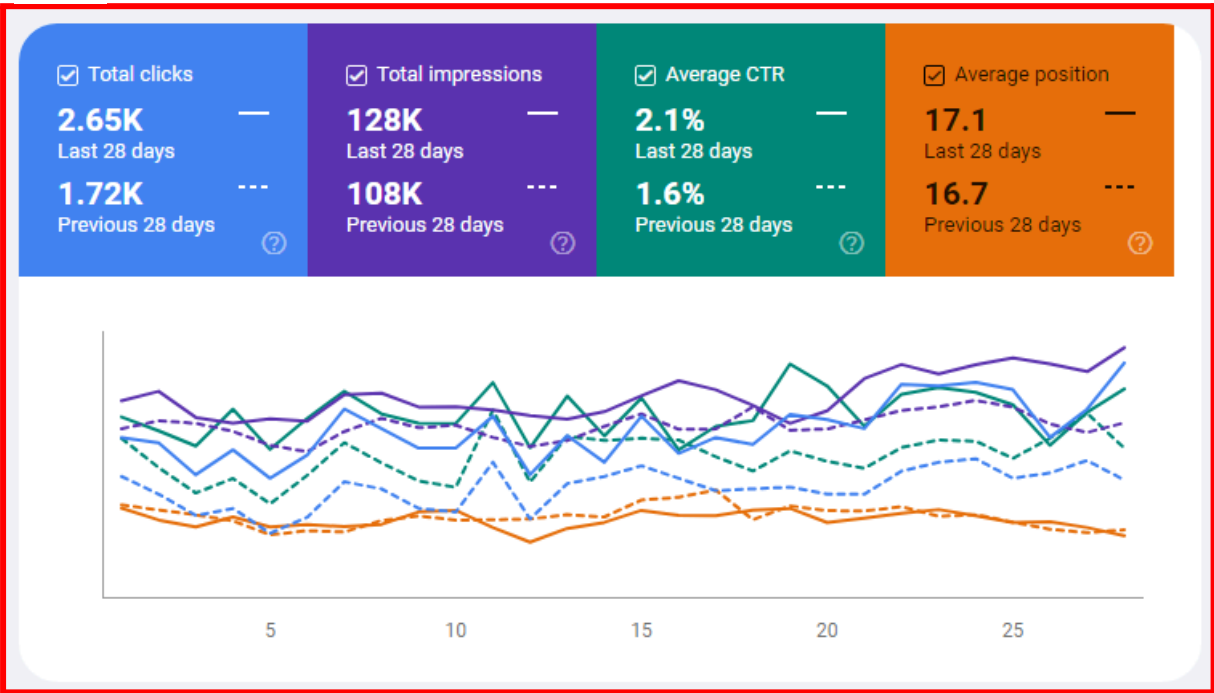


# SEO Report For June 2024



## Google Search Console Data - June 2024



# Google Analytics Data June 2024



## Suggested for you

Sessions▼ by  
Session primary ch... ▼



SESSION PRIMARY ...	SESSIONS
Organic Search	3.3K ↑34.1%
Direct	289 ↓2.4%
Referral	20 ↓13.0%
Unassigned	15 ↓37.5%
Organic Social	14 ↑16.7%

Last 30 days ▼ [View traffic acqu...](#) →

Views by  
Page title and scree... ▼

































































PAGE TITLE AND S...	VIEWS
Back Bay Fit   Get Fit ...	1K ↑13.6%
Meal Plan for Weight...	1.3K ↑160.1%
Back Bay Fit: Back B...	685 ↑4.9%
What is the Best Mar...	771 ↑52.7%
Strength Training for ...	295 ↓40.8%
About Back Bay Fit: ...	311 ↑5.8%
Why are Powerlifters...	190 ↑3.8%

Last 30 days ▼ [View pages and s...](#) →

## Keywords Position in June

Keyword Position	May	June
back bay fit	1	1
back bay fitness	2	1
back bay fitness centre	2	2
back bay gyms	17	3
benefits of cardio in the morning	5	3
best martial art for self defense	5	4
best martial art to learn for self defense	5	4
best martial arts for self defense	5	4
best self defense martial art	4	4
best self defense martial arts	3	4
gyms in allston	11	4
gyms in back bay	19	4
hypertrophy training boston	2	4
meal plan for weight loss and muscle gain	5	4
personal trainer allston ma	11	4
personal training allston ma	9	5
personal training back bay	4	6
powerlifting gyms in boston	24	10
self defense martial arts	2	10
strength training boston	26	12
strength training gym boston	38	14
traditional strength training	3	15
vo2 max testing boston	6	26
what is the best martial art for self defense	5	40
why do powerlifters look fat	1	45

# Organic Keywords Position

Filter by keyword <input type="text"/> <input type="button" value="Pos: Top 3"/> <input type="button" value="Volume"/> <input type="button" value="KD"/> <input type="button" value="Intent"/> <input type="button" value="SERP Features"/> <input type="button" value="Advanced filters"/>												
<input type="checkbox"/> Keyword	Intent	Position	SF	Traffic	Traffic %	Volume	KD %	URL	SERP	Updated		
> <input type="checkbox"/> best martial arts for self defense >>		2	5	101	3.93	2.9K	17	 www.backbayfit.com/post/what-is-the-best-martial-art-for-s-elf-defense			4 days	
> <input type="checkbox"/> back bay fit >>		 1	7	72	2.80	90	40	 www.backbayfit.com/			May 20	
> <input type="checkbox"/> meal plan for weight loss and muscle gain male >>		 1	6	64	2.49	260	56	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			May 19	
> <input type="checkbox"/> meal plan for weight loss and muscle gain female >>		1	4	64	2.49	260	56	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			3 days	
> <input type="checkbox"/> meal plan for building muscle and losing fat woman >>		 1	6	64	2.49	260	55	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			Jun 02	
> <input type="checkbox"/> meal plan for muscle gain and fat loss >>		2	6	63	2.45	480	46	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			2 days	
> <input type="checkbox"/> cardio in the morning >>		1	4	52	2.02	210	34	 www.backbayfit.com/post/benefits-of-cardio-in-the-morning			May 17	
> <input type="checkbox"/> lose fat build muscle meal plan >>		1	6	52	2.02	210	45	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			3 days	
> <input type="checkbox"/> best self defense martial arts >>		3	4	48	1.86	1.6K	17	 www.backbayfit.com/post/what-is-the-best-martial-art-for-s-elf-defense			Jun 04	
> <input type="checkbox"/> fat loss muscle gain nutrition plan >>		2	5	45	1.75	1.3K	47	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			3 days	
> <input type="checkbox"/> meal plan to lose weight and build muscle female >>		1	4	34	1.32	140	53	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			Jun 03	
> <input type="checkbox"/> top self defense martial arts >>	 	1	5	34	1.32	140	13	 www.backbayfit.com/post/what-is-the-best-martial-art-for-s-elf-defense			Jun 01	
> <input type="checkbox"/> self defense art >>	 	 3	5	31	1.20	390	22	 www.backbayfit.com/post/what-is-the-best-martial-art-for-s-elf-defense			May 24	
> <input type="checkbox"/> meal plan to lose weight and gain muscle female >>		1	5	22	0.85	90	51	 www.backbayfit.com/post/meal-plan-for-weight-loss-and-m-usc-le-gain			Jun 06	

## **4 Blog Keywords research**

- What is sport specific training
- Fitness transformation female
- Weight loss fat to fit transformation
- What does back bay fit do for back pain as health practitioners trainer

## **4 Blogs Published**

<https://www.backbayfit.com/post/what-is-sport-specific-training>

<https://www.backbayfit.com/post/fitness-transformation-female>

<https://www.backbayfit.com/post/weight-loss-fat-to-fit-transformation>

<https://www.backbayfit.com/post/what-does-back-bay-fit-do-for-back-pain-as-health-practitioners-trainer>

- Create images
- Added Schema Markup
- On-page optimization and then publish

## **Optimized the pages**

- Optimized meta title, description, headings, adding images, and schema markup.

<https://www.backbayfit.com/post/sport-specific-training-definition>

<https://www.backbayfit.com/post/strength-training-for-hypermobility>

<https://www.backbayfit.com/post/hypermobility-checklist>

<https://www.backbayfit.com/>

<https://www.backbayfit.com/post/traditional-strength-training>

## GBP Post



Back Bay Fit  
5 days ago



"🌟 Ready to transform your fitness journey? At Back Bay Fit, we offer personalized training programs tailored to your unique fitness goals. Experience top-notch facilities and expert guidance to achieve the results you desire. Start your journey today!

📍 Location: Somerset Condominium

🌐 Discover more: <https://www.backbayfit.com/>"

[Call now](#)



Back Bay Fit  
Jun 2, 2024



"🌟 Ready to transform your fitness journey? At Back Bay Fit, we offer personalized training programs tailored to your unique fitness goals. Experience top-notch facilities and expert guidance to achieve the results you desire. Start... [More](#)

[Call now](#)





Back Bay Fit  
May 23, 2024



Prepare yourself for any situation with Back Bay Fit's comprehensive self-defense courses. Our online classes provide practical training that can be applied in real-life scenarios. Learn from the best and gain the confidence to... [More](#)

[Call now](#)



Back Bay Fit  
May 23, 2024



Unleash your potential with Back Bay Fit's martial arts training. Our online classes help you build strength, agility, and self-defense skills. Whether you're a beginner or an experienced martial artist, our programs are tailored to meet yo... [More](#)

[Call now](#)





# Backlink

June				
Project	Back Bay Fit			
Week	Week 1	Week 2	Week 3	Week 4
Deadline	May 4, 2024	May 11, 2024	May 18, 2024	May 25, 2024
Profile	5			
Citation			5	5
Web 2.0		5		
Social Bookmarking		5	5	
Forum Posting	5			5
Total				
week 1				
Profile				
Source Website	Links	Targeted Page	PA	DA
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/subscription/s-for-yo">https://www.minds.com/newsfeed/subscription/s-for-yo</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://justpaste.it/">https://justpaste.it/</a>	<a href="https://justpaste.it/u/Back_Bay_Fit">https://justpaste.it/u/Back_Bay_Fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94
<a href="https://www.margcloud.com/">https://www.margcloud.com/</a>	<a href="https://www.margcloud.com/user/backbayfi">https://www.margcloud.com/user/backbayfi</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="https://opencollective.com/">https://opencollective.com/</a>	<a href="https://opencollective.com/back-bay-fit">https://opencollective.com/back-bay-fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	71	90

<a href="https://pixabay.com/">https://pixabay.com/</a>	<a href="https://pixabay.com/users/backbayfit-44076232/">https://pixabay.com/users/backbayfit-44076232/</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	41	30

## Forum Posting

Source Website	Links	Targeted Page	PA	DA
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/1639990634691432466?referrer=pearlluxstores">https://www.minds.com/newsfeed/1639990634691432466?referrer=pearlluxstores</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/1639992173938085893?referrer=pearlluxstores">https://www.minds.com/newsfeed/1639992173938085893?referrer=pearlluxstores</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/1639992832640946181?referrer=pearlluxstores">https://www.minds.com/newsfeed/1639992832640946181?referrer=pearlluxstores</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/1639993360250834961?referrer=pearlluxstores">https://www.minds.com/newsfeed/1639993360250834961?referrer=pearlluxstores</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	71	90
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/1639993688337682437?referrer=pearlluxstores">https://www.minds.com/newsfeed/1639993688337682437?referrer=pearlluxstores</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	41	30

	<a href="#">error=pearlluxstores</a>			
week 2				
Social Bookmarking				
\				
Source Website	Links	Targeted Page	PA	DA
<a href="https://www.hitechservices.xyz/">https://www.hitechservices.xyz/</a>	<a href="https://www.hitechservices.xyz/page/business-services/back-bay-fit">https://www.hitechservices.xyz/page/business-services/back-bay-fit</a>	<a href="https://www.backbayfit.com/post/traditional-strength-training">https://www.backbayfit.com/post/traditional-strength-training</a>	31	12
<a href="https://highprsocialbookmarking.xyz/">https://highprsocialbookmarking.xyz/</a>	<a href="https://highprsocialbookmarking.xyz/page/sports/back-bay-fit">https://highprsocialbookmarking.xyz/page/sports/back-bay-fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94
<a href="https://highprsocialbookmarkingsites.xyz/">https://highprsocialbookmarkingsites.xyz/</a>	<a href="https://highprsocialbookmarkingsites.xyz/page/sports/back-bay-fit">https://highprsocialbookmarkingsites.xyz/page/sports/back-bay-fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="https://referyourbookmark.com">https://referyourbookmark.com</a>	<a href="https://referyourbookmark.com/page/business-services/back-bay-fi">https://referyourbookmark.com/page/business-services/back-bay-fi</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	25	10
<a href="https://roofingseoteam.com">https://roofingseoteam.com</a>	<a href="https://roofingseoteam.com/page/business-services/back-bay-fi">https://roofingseoteam.com/page/business-services/back-bay-fi</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	29	11
Web 2.0				
Source Website	Links	Targeted Page	PA	DA

<a href="https://justpaste.it/">https://justpaste.it/</a>	<a href="https://justpaste.it/66q37">https://justpaste.it/66q37</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://justpaste.it/">https://justpaste.it/</a>	<a href="https://justpaste.it/eqoh7">https://justpaste.it/eqoh7</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94
<a href="https://justpaste.it/">https://justpaste.it/</a>	<a href="https://justpaste.it/f2ojy">https://justpaste.it/f2ojy</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="https://justpaste.it/">https://justpaste.it/</a>	<a href="https://justpaste.it/bp4z2">https://justpaste.it/bp4z2</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	71	90
<a href="https://justpaste.it/">https://justpaste.it/</a>	<a href="https://justpaste.it/cxq5s">https://justpaste.it/cxq5s</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	41	30
week 3				

## Forum

Source Website	Links	Targeted Page	PA	DA
<a href="https://linkmate.mn.co/">https://linkmate.mn.co/</a>	<a href="https://linkmate.mn.co/posts/57347942?utm_source=manual">https://linkmate.mn.co/posts/57347942?utm_source=manual</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://www.quora.com/">https://www.quora.com/</a>	<a href="https://qr.ae/psa6QD">https://qr.ae/psa6QD</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94
<a href="https://www.quora.com/">https://www.quora.com/</a>	<a href="https://qr.ae/psa603">https://qr.ae/psa603</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="https://www.quora.com/">https://www.quora.com/</a>	<a href="https://qr.ae/psa3Xz">https://qr.ae/psa3Xz</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	71	90

		<a href="#">l-arts-and-self-defense</a>		
<a href="https://www.guora.com/">https://www.guora.com/</a>	<a href="https://qr.ae/psa31f">https://qr.ae/psa31f</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	41	30

## Social Bookmarking

Source Website	Links	Targeted Page	PA	DA
<a href="https://www.minds.com/">https://www.minds.com/</a>	<a href="https://www.minds.com/newsfeed/subscriptions/for-you">https://www.minds.com/newsfeed/subscriptions/for-you</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://www.highdasocialbookmarking.xyz/">https://www.highdasocialbookmarking.xyz/</a>	<a href="https://www.highdasocialbookmarking.xyz/page/business-services/back-bay-fit">https://www.highdasocialbookmarking.xyz/page/business-services/back-bay-fit</a>	<a href="https://www.backbayfit.com/post/traditional-strength-training">https://www.backbayfit.com/post/traditional-strength-training</a>	31	15
<a href="https://digitalagency-services.xyz/">https://digitalagency-services.xyz/</a>	<a href="https://digitalagency-services.xyz/page/business-services/back-bay-fit">https://digitalagency-services.xyz/page/business-services/back-bay-fit</a>	<a href="https://www.backbayfit.com/post/traditional-strength-training">https://www.backbayfit.com/post/traditional-strength-training</a>	40	16
<a href="https://www.thebookmarking.xyz/">https://www.thebookmarking.xyz/</a>	<a href="https://www.thebookmarking.xyz/page/business-services/back-bay-fit">https://www.thebookmarking.xyz/page/business-services/back-bay-fit</a>	<a href="https://www.backbayfit.com/post/traditional-strength-training">https://www.backbayfit.com/post/traditional-strength-training</a>	33	12
<a href="https://www.hitek-services.xyz/">https://www.hitek-services.xyz/</a>	<a href="https://www.hitek-services.xyz/page/business-services/back-bay-fit">https://www.hitek-services.xyz/page/business-services/back-bay-fit</a>	<a href="https://www.backbayfit.com/post/traditional-strength-training">https://www.backbayfit.com/post/traditional-strength-training</a>	32	15
week 4				

## Citation

Source Website	Links	Targeted Page	PA	DA
<a href="https://www.nexbizthing.com/">https://www.nexbizthing.com/</a>	<a href="https://www.nexbizthing.com/health-20-medicine/back-bay-fit">https://www.nexbizthing.com/health-20-medicine/back-bay-fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://www.yplocal.com/">https://www.yplocal.com/</a>	<a href="https://www.yplocal.com/boston/sports-recreational/back-bay-fit">https://www.yplocal.com/boston/sports-recreational/back-bay-fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94
<a href="https://www.b2bco.com/">https://www.b2bco.com/</a>	<a href="https://www.b2bco.com/backbayfit">https://www.b2bco.com/backbayfit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="http://www.askmap.net/">http://www.askmap.net/</a>	<a href="http://www.askmap.net/location/6922303/uk/back-bay-fit">http://www.askmap.net/location/6922303/uk/back-bay-fit</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	71	90
<a href="https://www.getlisteduae.com/create-listing">https://www.getlisteduae.com/create-listing</a>	<a href="https://www.getlisteduae.com/listings/back-bay-fit-1">https://www.getlisteduae.com/listings/back-bay-fit-1</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	41	30

## Forum Posting

Source Website	Links	Targeted Page	PA	DA
<a href="https://www.qura.com/">https://www.qura.com/</a>	<a href="https://qr.ae/psa6zj">https://qr.ae/psa6zj</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	64	81
<a href="https://linkmate.mn.co/">https://linkmate.mn.co/</a>	<a href="https://linkmate.mn.co/posts/57">https://linkmate.mn.co/posts/57</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	86	94

	<a href="https://linkmate.mn.co/posts/does-keeping-a-food-journal-help-lose-weight?utm_source=manual">349449?utm_source=manual</a>			
<a href="https://linkmate.mn.co/">https://linkmate.mn.co/</a>	<a href="https://linkmate.mn.co/posts/does-keeping-a-food-journal-help-lose-weight?utm_source=manual">https://linkmate.mn.co/posts/does-keeping-a-food-journal-help-lose-weight?utm_source=manual</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	83	93
<a href="https://linkmate.mn.co/">https://linkmate.mn.co/</a>	<a href="https://linkmate.mn.co/posts/57349870?utm_source=manual">https://linkmate.mn.co/posts/57349870?utm_source=manual</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	71	90
<a href="https://linkmate.mn.co/">https://linkmate.mn.co/</a>	<a href="https://linkmate.mn.co/posts/57350022?utm_source=manual">https://linkmate.mn.co/posts/57350022?utm_source=manual</a>	<a href="https://www.backbayfit.com/martial-arts-and-self-defense">https://www.backbayfit.com/martial-arts-and-self-defense</a>	41	30

## **Next SEO Plan**

### On page and technical

- 4 Blog keywords and 4 blog publish
- 4 Blog re optimization
- Checking indexing and fix them
- Position tracking

### **Backlink**

- Forum Posting 10
- Profile backlink 5
- Social Backlink 10
- Web 2.0 5
- Citation 10