

# SEO CHECKLIST for LAMAN7

No	Item	Description	Done
1	Site or Page Title	Must contain keywords (< 50 characters)	
2	Permalink	Must contain keywords	
3	Meta Tag	Must contain keywords (it's no longer used)	
4	Meta Description	Must contain keywords (< 160 characters)	
5	Image name	Must contain keywords, must not be the same name	
6	Image alt=""	Must contain keywords	
7	Image Compression	Serve the quickest possible image	
8	Heading 1 (H1)	Must contain keywords	
9	Heading 2 (H2)	Must contain keywords	
10	Heading 3 (H3)	Must contain keywords	
11	Interlink	Link within the website, same niche	
12	First paragraph	Must mention keywords	
13	Speed	Less than 3 seconds	
14	Loading Files	Not more than 3mb	
15	File request	Not more than 50 files requested	
16	Copywriting	Ensure that it's more than 1000 words	
17	LSI Keywords	Use of relevant keywords	
18	Social Media Button	Add share links to Social Media	
19	Outbound Link	Give at least 2 outbound links to relevant website	
20	Facebook Thumbnail	The ideal ratio is 2:1	
21	Twitter Thumbnail	The ideal ratio is 2:1	
22	Copywriting	Check for grammatical errors and spelling	
23	Copywriting	Include keyword in the last paragraph	