



# Domain Overview (Desktop)

fitnessgoals.com

### Organic Search: Summary

US | fitnessgoals.com

**26.2K** 4% TRAFFIC

SEMrush Rank	60.6k	
Keywords	19.5K	-1%
Traffic Cost	\$40.5K	3%

### Backlinks: Summary

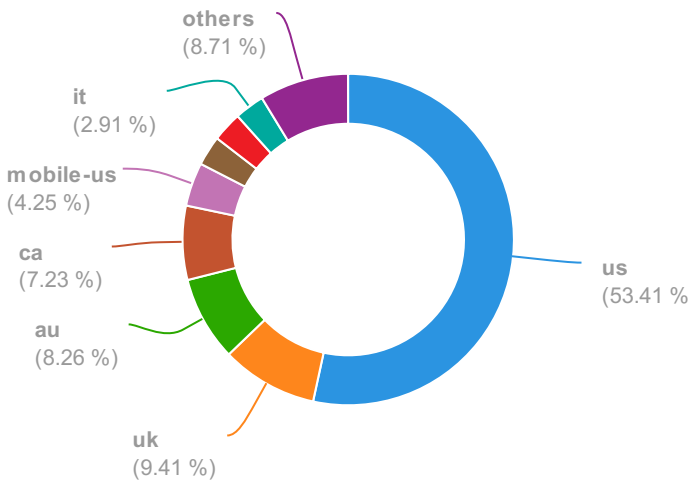
Root Domain: fitnessgoals.com

**4.0K** TOTAL BACKLINKS

Referring Domains	513
Referring IPs	604

### Organic Search: Keywords By Country

fitnessgoals.com



### Paid Search: Summary

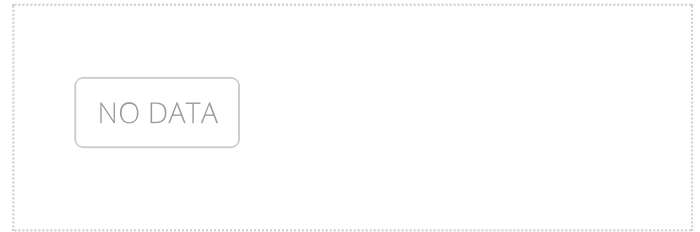
US | fitnessgoals.com

**0** 0% TRAFFIC

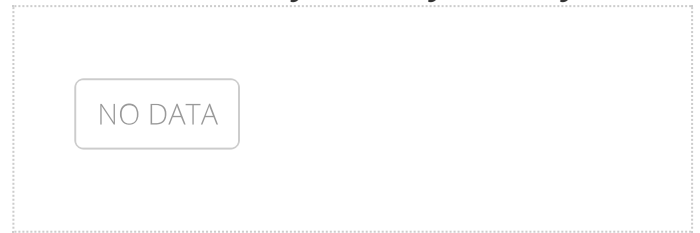
Keywords	0	0%
Traffic Cost	\$0	0%

### Display Advertising: Summary

fitnessgoals.com

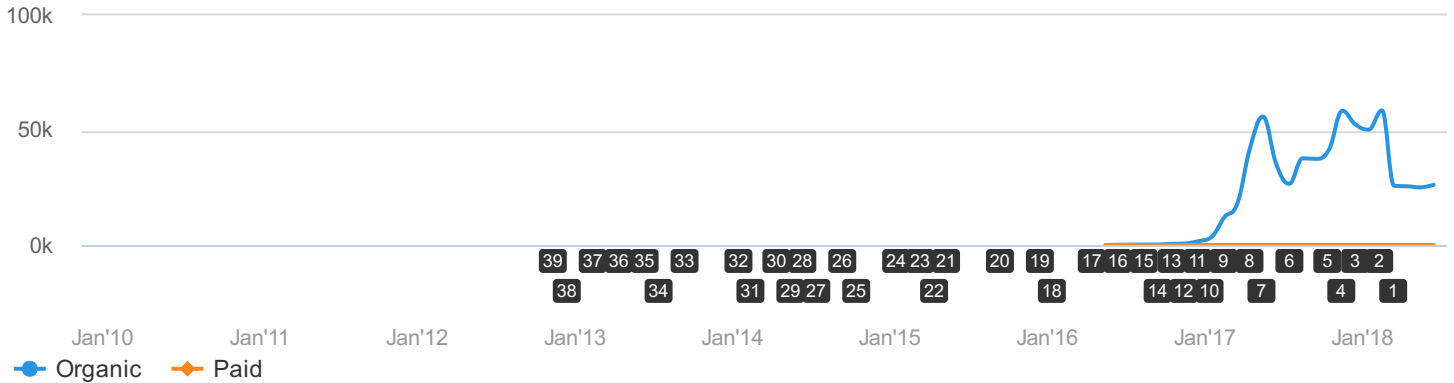


### Paid Search: Ad Keywords by Country



## Traffic: Organic vs Paid

fitnessgoals.com | US | All time



#	Date	Note	Category
1	Apr 17, 2018	<b>Core Algo Update in April</b> <a href="#">↗</a> Google has confirmed that it released a core algorithm update in mid-April. Updates like this happen several times a year, and there are usually no particular recipes for fixing position drops. The SEMrush Sensor registered this update with peaks on April 18 and 20.	Google organic
2	Mar 9, 2018	<b>Google Core Algo Update</b> <a href="#">↗</a> Google representatives have confirmed that they released a core ranking algorithm update over the weekend. Updates like this occur several times a year, but Google has no specific recommendations on what webmasters should fix if they have been hit by this update. The update has also affected the SEMrush Sensor score.	Google organic
3	Jan 15, 2018	<b>Keyword Database Is Being Updated</b> <a href="#">↗</a> We are updating our keyword database, retiring old, unused keywords, and adding the new contemporary ones. We are also updating search volumes to make them more accurate.	SEMrush
4	Dec 13, 2017	<b>Pre-holidays Google Update</b> <a href="#">↗</a> Another Google update hit websites in the middle of December. It was reported by SEMrush Sensor and the WebmasterWorld experts, and later confirmed by Google's representatives. The analysis performed by Barry Schwarz suggests that the update hit at least two website categories: - Sites with too many landing pages targeting KW permutations - Sites with too many ads or thin content	Google organic
5	Nov 15, 2017	<b>Mid-November Google Update</b> <a href="#">↗</a> Webmasters and the SEMrush Sensor have reported a high level of fluctuations in rankings this week, suggesting a significant update. Preliminary analysis shows that sites with lots of ads and thin content were affected.	Google organic
6	Aug 22, 2017	<b>Hawk Local Algorithm Update</b> <a href="#">↗</a> The changes in the local pack rankings that were attributed to the Possum algorithm update a year ago now seem to have been partially rolled back. Possum previously forced similar businesses located near each other to be filtered out of local search results. On August 22, Google released a refined algorithm update, dubbed "Hawk," which returned the majority of those businesses to the local pack. Nevertheless, businesses that share the same building can still be filtered out.	Google organic
	Aug 19, 2017	<b>Google Quality Update in late August</b> <a href="#">↗</a> Many websites experienced significant changes in rankings on August 14 and August 19. The analysis of the patterns suggests that another quality update has been rolled out, penalizing sites with bad user experience, such as: - Thin content with lots of ads - Broken links and/or Flash - Low relevance to the query	Google organic

#	Date ▼	Note	Category
7	Jun 24, 2017	<b>Significant Long-term Google Update</b> <a href="#">↗</a> With the SEMrush Sensor showing all-time-high volatility scores, this seems to be the biggest update so far. Many webmasters have also confirmed that they've seen traffic changes. Despite all efforts, this analysis has revealed no patterns for the update, and there has been no official announcement from Google.	Google organic
8	May 17, 2017	<b>Weeklong Google Update</b> <a href="#">↗</a> The SEMrush Sensor has reported a high volatility in Google's search results. Some webmasters have also confirmed that there was an update. Although this change may be caused by the recent drop of the Featured Snippet link from search results, it is not enough to completely explain the shifts, which have been occurring for a week already.	Google organic
9	Mar 17, 2017	<b>AdWords' Exact Match Type Replaced with Semantic Match</b> <a href="#">↗</a> Google has announced that exact match keywords can now show for semantic match queries as well as exact match queries. This can lead to a decrease in conversion rates for some ads.	Google paid
	Mar 8, 2017	<b>Large Google Rankings Update 'Fred'</b> <a href="#">↗</a> Webmaster forums have reported numerous position and traffic shifts. The SEMrush Sensor is also showing a High level of volatility this day. Google's representatives have officially confirmed that they released an update that specifically targets websites with "quality issues."	Google organic
	Mar 6, 2017	<b>Google shows more Top Stories in Related Picks</b> <a href="#">↗</a> Google has added a new feature that allows users to see more AMPs in search results. Some pages now show the 'Related picks' section under Top Stories, which can be expanded into a series of AMPs.	Google organic
10	Feb 7, 2017	<b>Google Algorithm Update on Feb 7th</b> <a href="#">↗</a> Although less than a week has passed since the previous shift in rankings, it appears that Google is rolling out another ranking algorithm update. Many webmasters and tracking tools, including SEMrush Sensor, have reported significant rankings changes in Google search results.	Google organic
	Feb 1, 2017	<b>Google Algo Update Seems to Target PBNs</b> <a href="#">↗</a> Webmasters and the BlackHatWorld forum have reported that there seems to be a Google update penalizing PBNs (Private Blog Networks), a black hat SEO technique. Although these claims are supported by data from different tracking tools, including SEMrush Sensor, Google has not officially confirmed this update.	Google organic
11	Jan 10, 2017	<b>Intrusive Interstitials Mobile Penalty</b> <a href="#">↗</a> Google has announced that starting January 10th it will be penalizing mobile pages with interstitials that impede user access to content. Here are the examples of techniques that could be penalized: - Pop-ups that cover the main content - Standalone interstitial that needs to be dismissed to access the main content - Hiding the main content below the fold	Google organic
12	Dec 13, 2016	<b>US Database Update</b> <a href="#">↗</a> SEMrush US database now contains over 120 million keywords.	SEMrush
	Dec 7, 2016	<b>Desktop Search UI Update</b> <a href="#">↗</a> Google has updated the UI of its desktop search, bringing it closer to mobile UI. Apart from several visual changes, the desktop users now see more cards.	Google organic
13	Nov 23, 2016	<b>AMP Carousels for Hotel Listings</b> <a href="#">↗</a> Google now shows a new AMP Carousel for hotel listings in mobile search results.	Google organic

#	Date ▼	Note	Category
	Nov 10, 2016	<b>Google Algo Update: Mobile Impacted</b> <a href="#">↗</a> Several SERP tracking tools indicated significant changes in rankings on Thursday, November 10th. Symptoms indicate mobile-related changes, probably testing of mobile-first index.	Google organic
	Nov 4, 2016	<b>Mobile-First Index Experiment Started</b> <a href="#">↗</a> Google announced that they've launched an experiment to use mobile version of the website as primary source of content. The scope of the experiment is limited for now, but will be gradually expanded. No significant impact on ranking is expected.	Google organic
14	Oct 13, 2016	<b>Penguin 4.0 rollout complete</b> <a href="#">↗</a> Gary Illyes from Google confirmed that the rollout of Penguin 4.0 which started on September 23rd is completed by now.	Google organic
15	Sep 28, 2016	<b>Penguin 4.0 Recoveries start to roll out</b> <a href="#">↗</a> Penguin 4.0 penalty recoveries started to roll out on September 28th, according to Gary Illyes from Google. They seem to be completed by the beginning of next week, October 3rd.	Google organic
	Sep 23, 2016	<b>Penguin 4.0 launch</b> <a href="#">↗</a> Google has officially launched Penguin 4.0. The update eliminates the long wait for site owners to recover if they have been penalized. Also, Penguin is now part of the core algorithm, same as Panda.	Google organic
	Sep 20, 2016	<b>AMPs indexed in organic search</b> <a href="#">↗</a> Google has officially rolled out Accelerated Mobile Pages in organic search results around the world. Corresponding pages may see an increase in mobile traffic	Google organic
	Sep 2, 2016	<b>Google Core Algo Update on Weekend</b> <a href="#">↗</a> Changes in core and local web search results have been widely reported by webmasters and ranking tools. John Mueller of Google did not officially confirm the update, although said it is definitely not Penguin 4.0.	Google organic
	Sep 1, 2016	<b>Possum local algorithm launch</b> <a href="#">↗</a> 1. Businesses that fall outside of the physical city limits saw a huge spike in ranking. 2. Google is now filtering based on address and affiliation. 3. The physical location of the searcher is more important than it was before. 4. Search results vary more based on slight variations of the keyword searched. 5. The local filter seems to be running more independently from the organic filter.	Google organic
16	Jul 26, 2016	<b>Expanded Text Ads are Live</b> Google has officially launched expanded text ads. The extra-long ads with double headlines are now available across all devices. This may potentially change paid traffic flows.	Google paid
17	May 12, 2016	<b>Mobile Friendly Boost</b> <a href="#">↗</a> Google representatives announce completion of an update which improves positions of mobile-friendly websites in mobile search	Google organic
18	Feb 20, 2016	<b>Right sidebar Ads removed</b> <a href="#">↗</a> Google will no longer show ads in the right sidebar. Now it will place up to four ads above the search results and all the rest will be moved to the bottom of the results page, which may lead to a drop in click-through rates. This update is limited to desktop search results.	Google paid
19	Jan 16, 2016	<b>Burj Khalifa Update</b> <a href="#">↗</a> Another core algorithm update confirmed by Google's representatives after significant fluctuations on the weekend.	Google organic

#	Date ▼	Note	Category
	Jan 8, 2016	<b>Google Core Update</b> <a href="#">↗</a> Google's representatives have confirmed that they rolled out a core ranking algorithm update that took more than a week to complete.	Google organic
20	Oct 26, 2015	<b>RankBrain Introduction</b> <a href="#">↗</a> Google announced the usage of machine-learning algorithm called RankBrain to sort search results	Google organic
	Oct 1, 2015	<b>US Database Update</b> <a href="#">↗</a> On October 1st we launched an update of our US database update. Now it contains more than 80 million keywords and top 100 organic positions for each of them.	SEMrush
21	Jun 22, 2015	<b>Panda 4.2</b> <a href="#">↗</a> Google has announced that it has launched a Panda refresh, but it may take months to fully roll out.	Google organic
22	May 3, 2015	<b>The Quality Update</b> <a href="#">↗</a> Google has confirmed that it made changes to its core ranking algorithm in terms of how quality signals are processed.	Google organic
23	Apr 22, 2015	<b>Mobile Friendly Update</b> <a href="#">↗</a> Google has begun the global rollout of the mobile-friendly update that impacts search rankings on mobile devices only. This update introduces mobile-friendliness as a ranking factor and applies only to individual pages, not entire websites.	Google organic
24	Feb 5, 2015	<b>Unnamed Update</b> <a href="#">↗</a> Multiple SERP-trackers and many webmasters reported major flux in Google SERPs. Google did not officially confirm an update.	Google organic
25	Nov 13, 2014	<b>Google Drops Carousel for Local Listings</b> <a href="#">↗</a> Google replaces its horizontal Carousel display of local search results by a 3-pack of organic listings. Several categories are affected: restaurants, nightlife, entertainment and hotels.	Google organic
26	Oct 24, 2014	<b>Google Pirate Update</b> <a href="#">↗</a> Google announced an update to its filtering system. Near the end of the month torrent tracker websites took a dive in the search results	Google organic
	Oct 23, 2014	<b>Panda 4.1</b> <a href="#">↗</a> Google has announced that the latest version of its Panda Update — a filter designed to penalize “thin” or poor content from ranking well — has been released	Google organic
	Oct 17, 2014	<b>Penguin 3.0</b> <a href="#">↗</a> Google updated their Penguin algorithm with version 3.0. It evaluates a site’s backlink profile and may demote a site if it is poor	Google organic
	Oct 2, 2014	<b>In the News' Box</b> <a href="#">↗</a> Google made a change in the display of the News-box results, and later announced they had expanded the news websites links set	Google organic
27	Aug 24, 2014	<b>Authorship Removed</b> <a href="#">↗</a> John Mueller of Google Webmaster Tools announced that Google will completely stop showing authorship information in search results - both author photos and bylines	Google organic

#	Date ▼	Note	Category
	Aug 6, 2014	<b>HTTPS as rank signal</b> <a href="#">↗</a> Google officially announced their decision to start using HTTPS as a ranking signal. Initially the update would affect less than 1% of queries, but we should expect for HTTPS to gain weight over time	Google organic
28	Jul 24, 2014	<b>Pigeon</b> <a href="#">↗</a> Google has released a new algorithm to provide a more useful, relevant and accurate local search results that are tied more closely to traditional web search ranking signals. The changes will be visible within the Google Maps search results and Google Web search results.	Google organic
29	Jun 12, 2014	<b>Payday Loan 3.0</b> <a href="#">↗</a> The third version of PayDay Loan algorithm is officially announced, specifically targeting “very spammy queries”	Google organic
30	May 19, 2014	<b>Panda 4.0</b> <a href="#">↗</a> Matt Cutts announced the release of a major Panda update, affecting different languages to different degrees. For English-language the amount of affected queries revolving around 7,5%	Google organic
	May 16, 2014	<b>Payday Loan 2.0</b> <a href="#">↗</a> Google has confirmed they have released a new algorithm update to their Payday Loan Algorithm update over this weekend. This algorithm specifically targets “very spammy queries”	Google organic
31	Mar 24, 2014	<b>Unnamed Update</b> <a href="#">↗</a> Major algorithm flux trackers and sites reported ranking changes, but this update was never confirmed by Google.	Google organic
32	Feb 6, 2014	<b>Top Heavy 3</b> <a href="#">↗</a> Google has released a refresh of its Page Layout Algorithm. The filter, downgrades the ranking of a web page with too many ads at the top or if the ads are deemed too distracting for users.	Google organic
33	Oct 22, 2013	<b>AdRank Update</b> <a href="#">↗</a> Google announced a change to Ad Rank, its ad serving calculation in AdWords that determines where your ad shows and how much you'll pay per click. In addition to max CPC bid and quality score, Ad Rank will now factor in the expected impact from ad extensions and formats	Google paid
	Oct 4, 2013	<b>Penguin 2.1</b> <a href="#">↗</a> The fifth confirmed release of Google's “Penguin” spam fighting algorithm went live, expected to impact about 1 percent of all searches	Google organic
34	Aug 20, 2013	<b>Hummingbird</b> <a href="#">↗</a> Officially announced by Google a month later, Humminbird is an update of its core ranking algorithm	Google organic
35	Jul 27, 2013	<b>Multi-Week Update</b> <a href="#">↗</a> A series of updates confirmed by Google representatives, spanning several weeks	Google organic
36	May 22, 2013	<b>Penguin 2.0</b> <a href="#">↗</a> Matt Cutts, the head of Google's Web spam team, announced the new Penguin 2.0 update saying that 2.3% of English queries will be noticeably impacted by this update	Google organic
37	Mar 14, 2013	<b>Panda #25</b> <a href="#">↗</a> Final update before incorporation of Panda into main algorithm	Google organic

#	Date ▼	Note	Category
38	Jan 22, 2013	<b>Panda #24</b> <a href="#">↗</a> Official Panda update announce by Google	Google organic
39	Dec 21, 2012	<b>Panda #23</b> <a href="#">↗</a> Official Panda update announce by Google	Google organic



# Organic search traffic

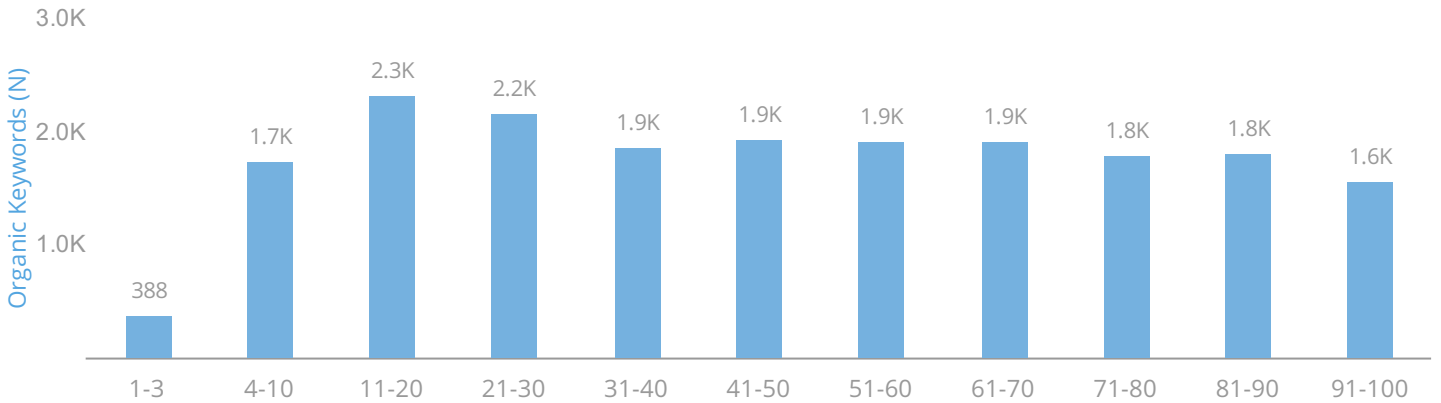
## Organic Search: Top keywords (19,450)

US | fitnessgoals.com

Keyword	Pos	Volume	CPC	Traffic
plank challenge	6 (7)	22,200	2.12	4.23%
ashley graham weight loss	3 (3)	8,100	3.92	2.77%
military diet results	2 (2)	5,400	3.48	2.67%
30 day plank challenge	4 (4)	9,900	0.26	2.64%
squat challenge before and after	1 (3)	1,300	0.00	2.32%

## Organic Search: Keyword Position Distribution

US | fitnessgoals.com



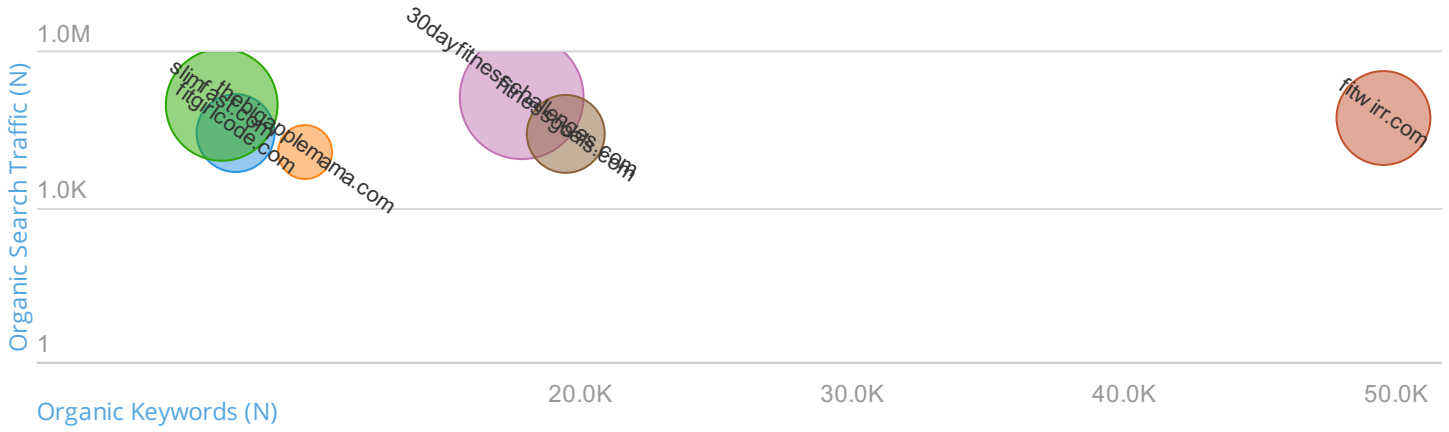
## Organic Search: Top Competitors (4,868)

US | fitnessgoals.com

Competitor	Com. Keywords	SE Keywords	Com. Level
<a href="#">fitgirlcode.com</a>	237	7.3k	21%
<a href="#">thebigapplemama.com</a>	209	9.9k	19%
<a href="#">slimfast.com</a>	208	6.8k	13%
<a href="#">fitwirr.com</a>	502	49.5k	12%
<a href="#">30dayfitnesschallenges.com</a>	228	17.8k	12%

### Organic Search: Competitive Position Map

US | fitnessgoals.com



### Organic Branded Search

US | fitnessgoals.com

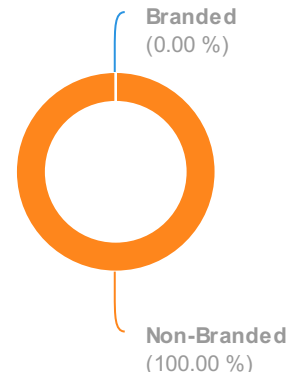
**0** 0% TRAFFIC

Keywords 0

### Branded vs Non-Branded

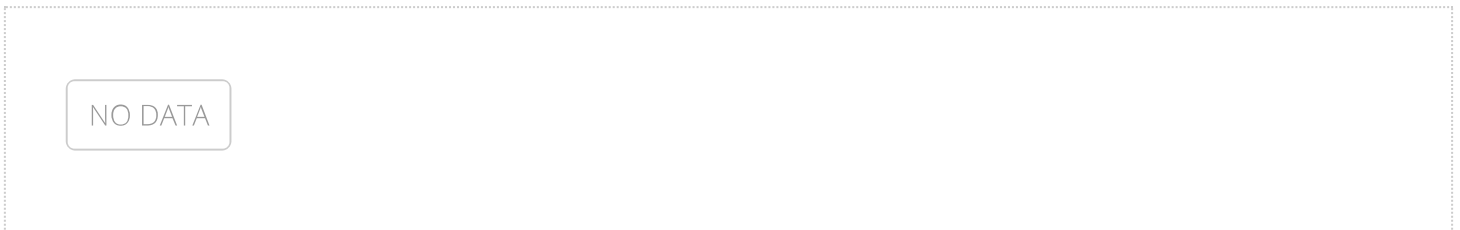
US | fitnessgoals.com

**0.00%** Branded Traffic    **100.00%** Non-Branded Traffic



### Organic Search: Branded Traffic Trend

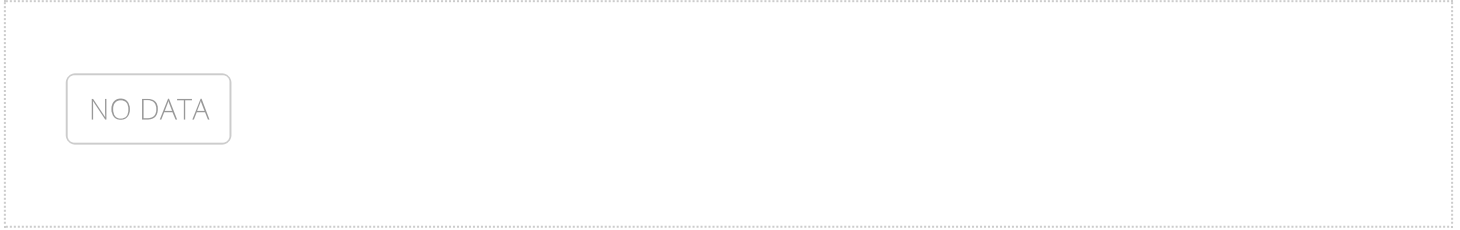
US | fitnessgoals.com



# Paid search traffic

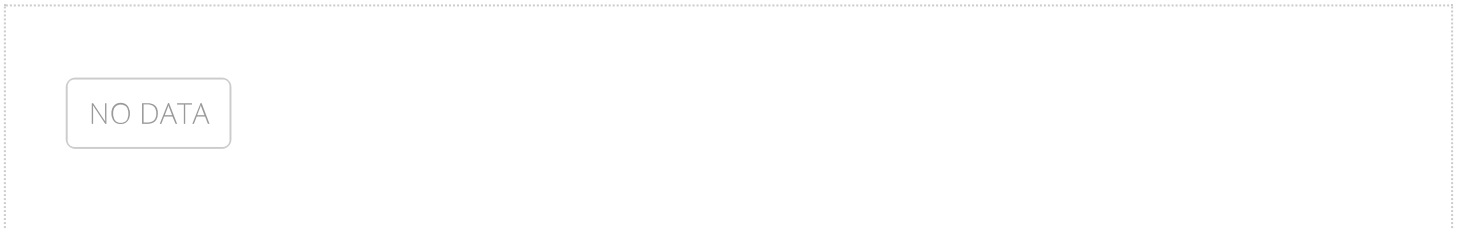
## Paid Search: Top Keywords

US | fitnessgoals.com



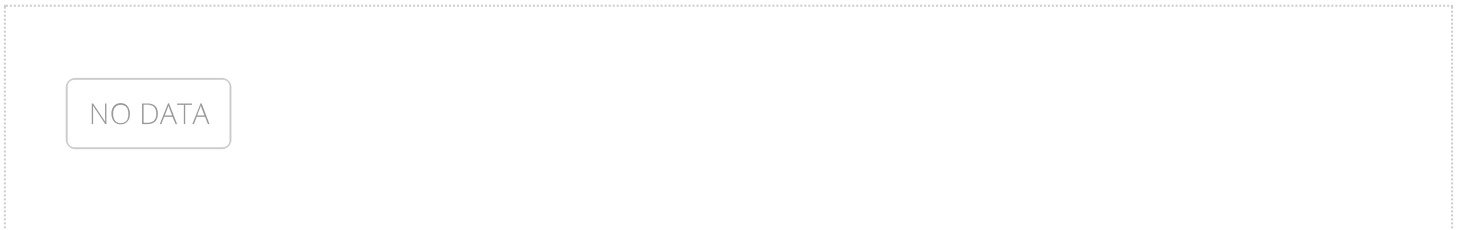
## Paid Search: Ad Copy Position Distribution

US | fitnessgoals.com



## Paid Search: Top Competitors

US | fitnessgoals.com



## Paid Search: Competitive Positioning Map

US | fitnessgoals.com

Paid Search traffic (N)  
fitnessgoals.com

Paid-Keywords (N)

## Sample Ads

US | fitnessgoals.com

NO DATA

# Backlinks

## Top backlinks

Root Domain: fitnessgoals.com

Referring page Title / Referring page URL	Anchor text / Link URL	Type
Easy Guide For Health – Fitness Review Central <a href="http://www.easyguideforhealth.com/">http://www.easyguideforhealth.com/</a>	fitnessgoals.com. <a href="http://fitnessgoals.com/30-day-squat-challenge-exercise-workout/">http://fitnessgoals.com/30-day-squat-challenge-exercise-workout/</a>	-
Easy Guide For Health – Fitness Review Central <a href="http://www.easyguideforhealth.com/">http://www.easyguideforhealth.com/</a>	<a href="http://fitnessgoals.com/30-day-legs-challenge-exercise-workout/">http://fitnessgoals.com/30-day-legs-challenge-exercise-workout/</a> <a href="http://fitnessgoals.com/30-day-legs-challenge-exercise-workout/">http://fitnessgoals.com/30-day-legs-challenge-exercise-workout/</a>	-
The Feed - Health   Healthy Meals   Main Line Health   Mediterranean <a href="http://www.thefeedlot.org/">http://www.thefeedlot.org/</a>	useful link <a href="http://fitnessgoals.com/whole30-diet-plan-weight-loss-results-revie...">http://fitnessgoals.com/whole30-diet-plan-weight-loss-results-revie...</a>	-
Why Exercising With a Kettlebell Enhances Your Workouts   HuffPost <a href="https://www.huffingtonpost.com/barbara-alvarez/why-exercising-wi...">https://www.huffingtonpost.com/barbara-alvarez/why-exercising-wi...</a>	20 calories per minute <a href="http://fitnessgoals.com/reasons-every-girl-needs-kettlebell/">http://fitnessgoals.com/reasons-every-girl-needs-kettlebell/</a>	<b>NOFOLLOW</b>
Happy New Year 2018 Wallpapers For Android   New Year Android W <a href="https://www.happynewyear2018x.com/happy-new-year-2018-wallp...">https://www.happynewyear2018x.com/happy-new-year-2018-wallp...</a>	Lavinia Irani <a href="http://fitnessgoals.com/30-day-plank-challenge-exercise-workout/">http://fitnessgoals.com/30-day-plank-challenge-exercise-workout/</a>	<b>NOFOLLOW</b>

## Backlinks: Top Anchors

Root Domain: fitnessgoals.com

Anchors	Percentage	Domains	Backlinks
Empty anchor	10%	43	416
ultimate guide to fitness	6%	13	231
fitnessgoals.com	6%	36	227
fitness goals	4%	47	167
source	3%	12	124

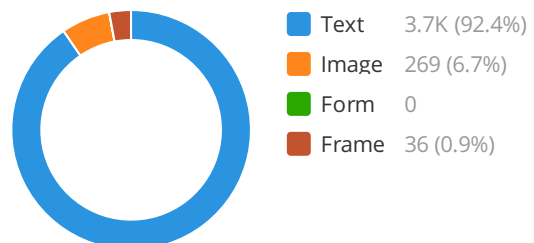
## Backlinks: Follow vs Nofollow

Root Domain: fitnessgoals.com







## Backlinks: Types

Root Domain: fitnessgoals.com



## Backlinks: Top Referring Domains

Root Domain: fitnessgoals.com

Root Domain	Backlinks	IP / Country
<a href="http://healthable.org">healthable.org</a>	170	 188.165.198.158
<a href="http://wikisea.net">wikisea.net</a>	123	 54.173.88.93
<a href="http://healthsaveblog.com">healthsaveblog.com</a>	121	 45.56.78.176
<a href="http://fitnessmeta.com">fitnessmeta.com</a>	112	 198.54.115.145
<a href="http://keywordsuggests.com">keywordsuggests.com</a>	111	 104.24.119.227

## Backlinks: Top Indexed Pages

Root Domain: fitnessgoals.com

Title and URL	Domains	Backlinks
Ultimate Guide to Fitness, Motivation and Strength Training. <a href="http://fitnessgoals.com/guide/ultimate-guide-fitness/">http://fitnessgoals.com/guide/ultimate-guide-fitness/</a>	26	382
<a href="http://fitnessgoals.com/">http://fitnessgoals.com/</a>	68	308
30 Day Bikini Beach Body Exercise Challenge - Best Bikini Body Workout for Women - Flat Abs <a href="http://fitnessgoals.com/30-day-bikini-beach-body-challenge-exercise-workout/">http://fitnessgoals.com/30-day-bikini-beach-body-challenge-exercise-workout/</a>	10	149
<a href="http://fitnessgoals.com/30-day-squat-challenge-exercise-workout/">http://fitnessgoals.com/30-day-squat-challenge-exercise-workout/</a>	31	96
<a href="http://fitnessgoals.com/military-diet-plan-weight-loss-results-reviews/">http://fitnessgoals.com/military-diet-plan-weight-loss-results-reviews/</a>	30	89

# Display advertising

## Display Advertising: Recent Sites

fitnessgoals.com

NO DATA

## Display Advertising: Landing Pages

fitnessgoals.com

NO DATA

## Display Advertising: Sample Text Ads

fitnessgoals.com

NO DATA

## Display Advertising: Sample Media Ads

fitnessgoals.com

NO DATA