

Technical SEO Check:

<https://stfnorthshore.com/>

Sitemap:

Submitted sitemaps						
Sitemap	Type	Submitted ↓	Last read	Status	Discovered pages	Discovered videos
https://stfnorthshore.com/sitemap.xml	Sitemap index	14 Sept 2023	25 Aug 2023	Success	1,275	1

Sitemap was already submitted.

Robots.Txt File:

robots.txt

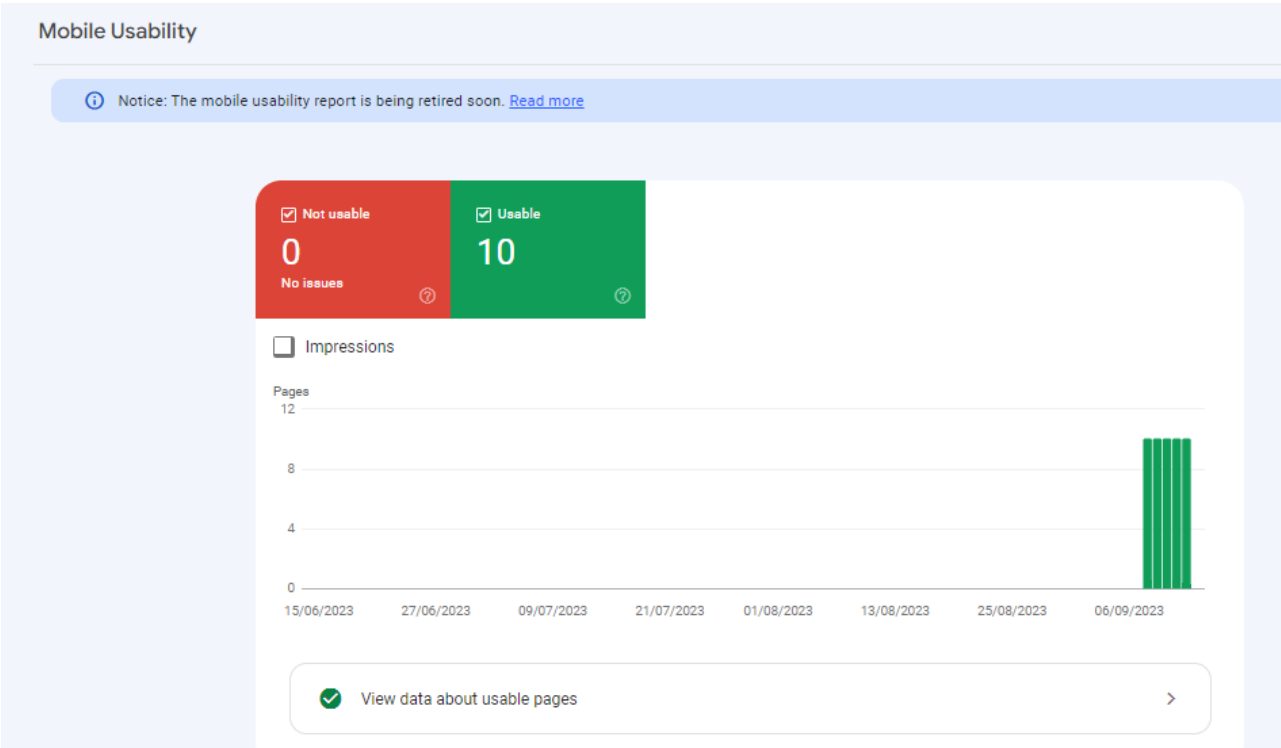
Edit the content of your robots.txt:

```
Sitemap: https://stfnorthshore.com/sitemap.xml
Sitemap: https://stfnorthshore.com/news-sitemap.xml
# START YOAST BLOCK
# -----
User-agent: *
Disallow: https://stfnorthshore.com/wp-admin/

Sitemap: https://stfnorthshore.com/sitemap_index.xml
# -----
# END YOAST BLOCK
```

Setup Robots.txt file. Rebot.txt was not exist

Google Mobile Friendly Test:



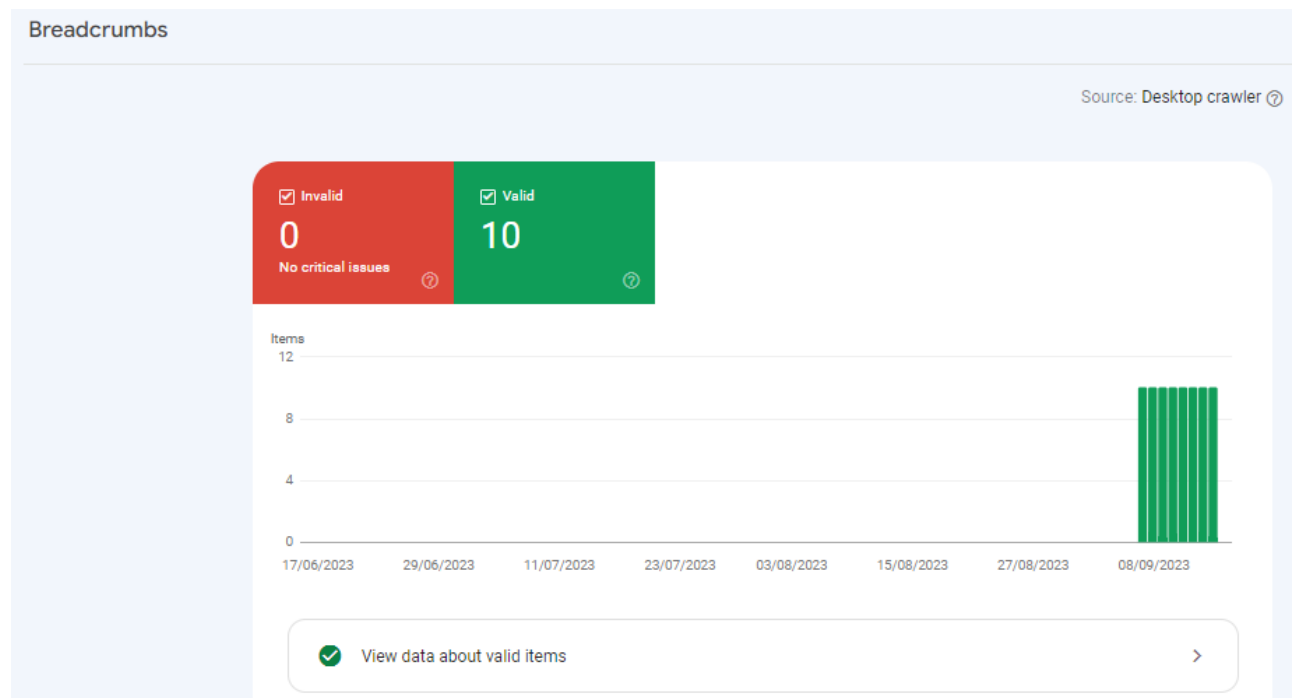
Experience:

Experience				
Type		Good	Failing	Trend
Mobile Usability		10	0	<div></div> >
Page experience	Mobile	No data	No data	No data
	Desktop	No data	No data	No data
Core web vitals	Mobile	No data	No data	No data
	Desktop	No data	No data	No data

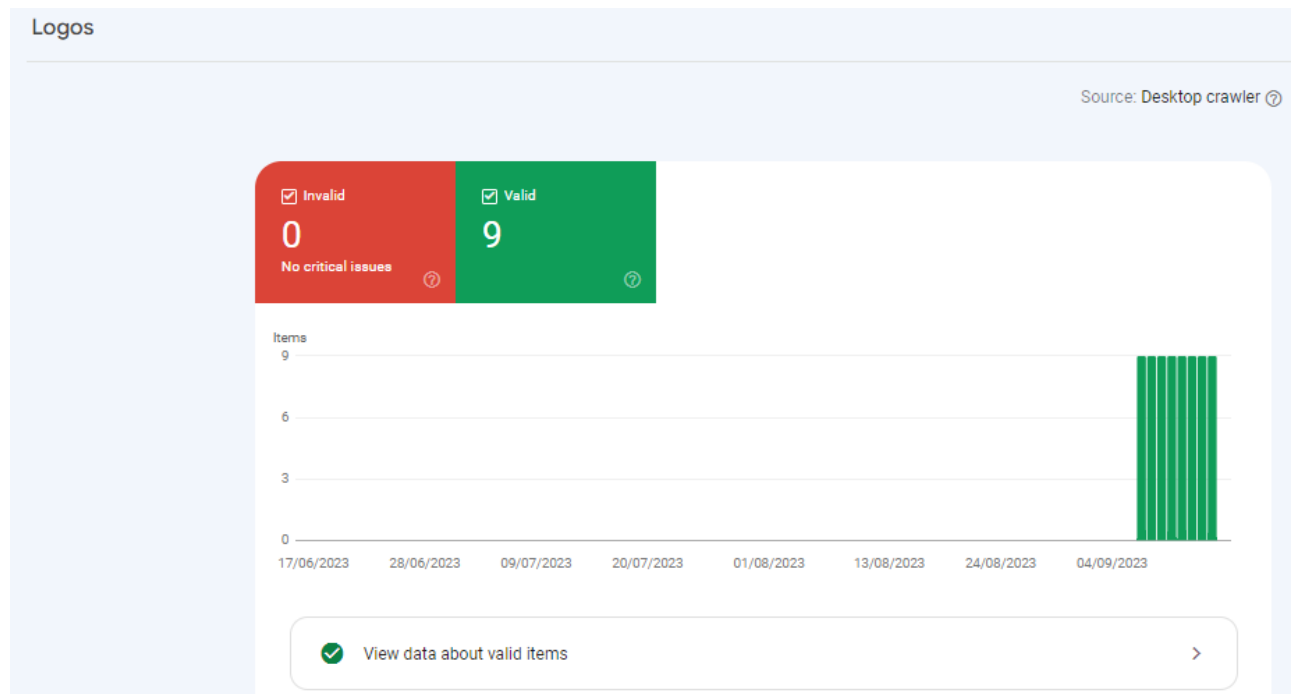
Enhancement:

Enhancements				
Type	Valid	Invalid	Trend	
AMP	9	0	<div><div></div><div></div><div></div></div>	>
Breadcrumbs	10	0	<div><div></div><div></div><div></div></div>	>
Logos	9	0	<div><div></div><div></div><div></div></div>	>
Sitelinks searchbox	10	0	<div><div></div><div></div><div></div></div>	>

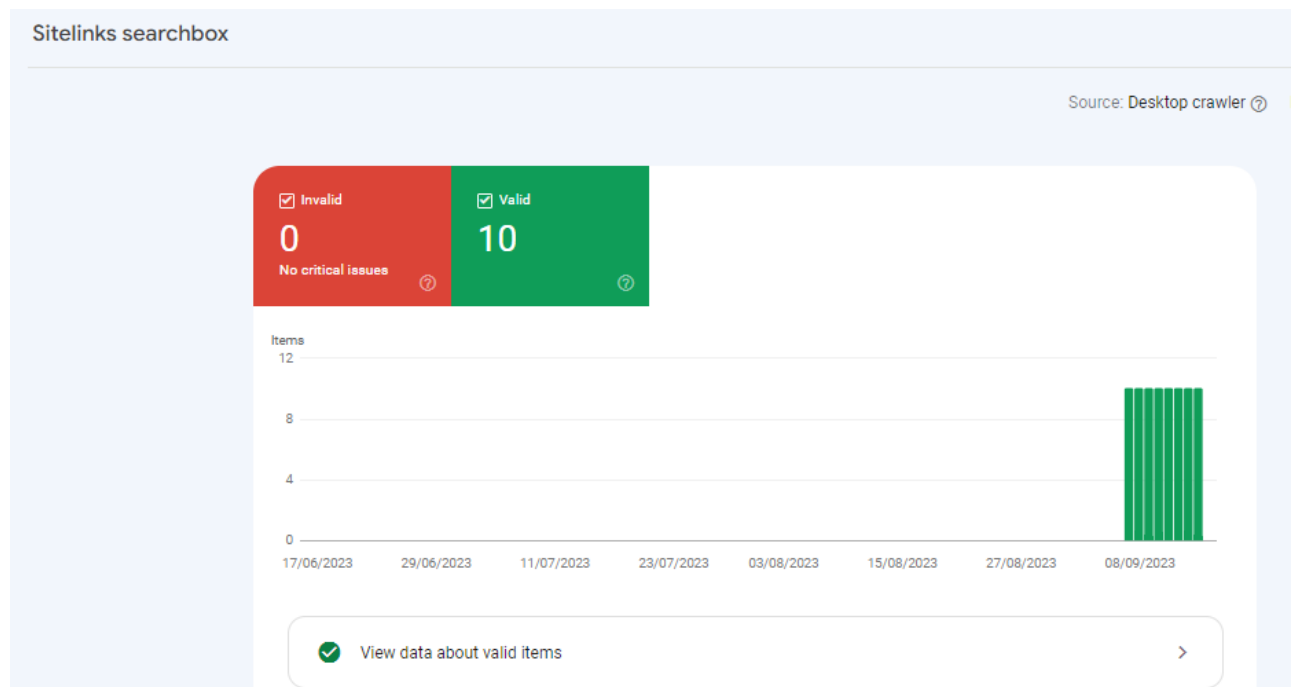
Breadcrumbs:



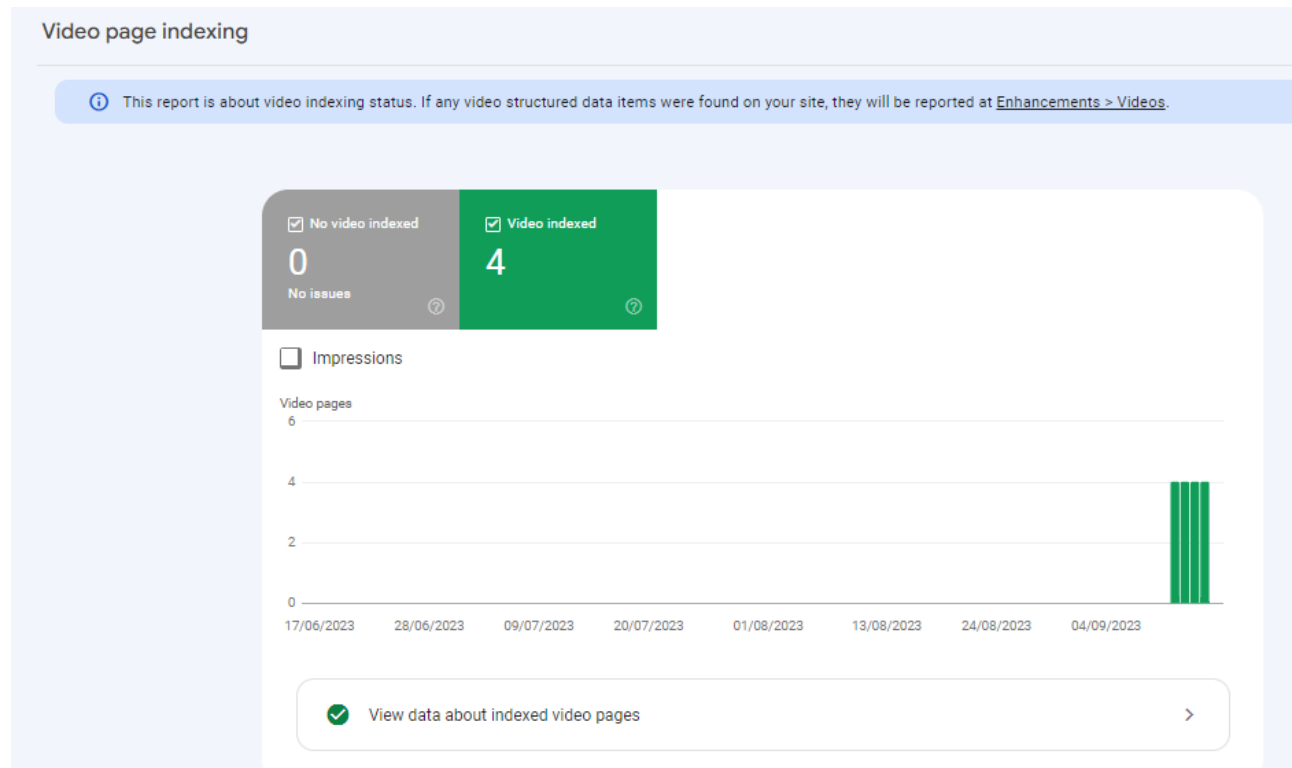
Logos:



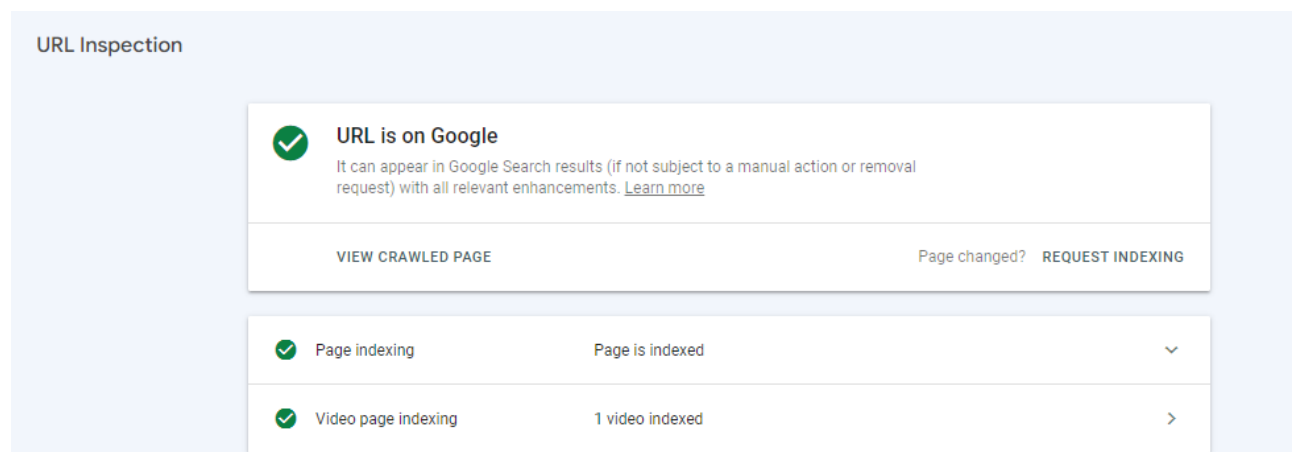
Sitelinks Searchbox:



Video Indexing:



URL Inspection:



Page Load Speed

Before For Mobile:

https://stfnorthshore.com/

Analyze

Mobile

Desktop

Discover what your real users are experiencing

No Data

Diagnose performance issues

5

Performance

62

Accessibility

73

Best Practices

100

SEO

5

Performance

Values are estimated and may vary. The performance score is calculated directly from these metrics. [See calculator.](#)

▲ 0-49

■ 50-89

● 90-100

Sleeping Tiger Fitness & Martial Arts

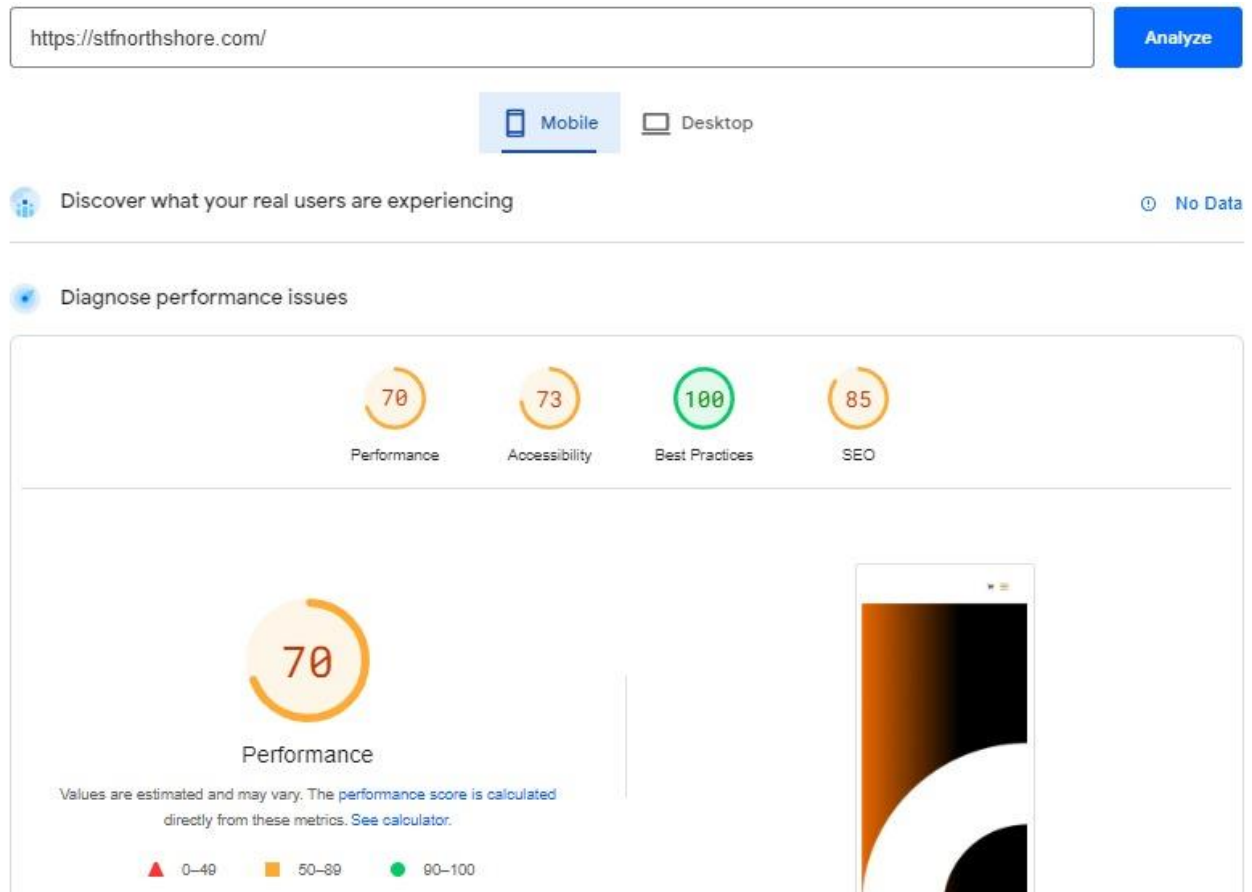
Serving The North Shore, MA

Build Strength, Confidence, & Resilience

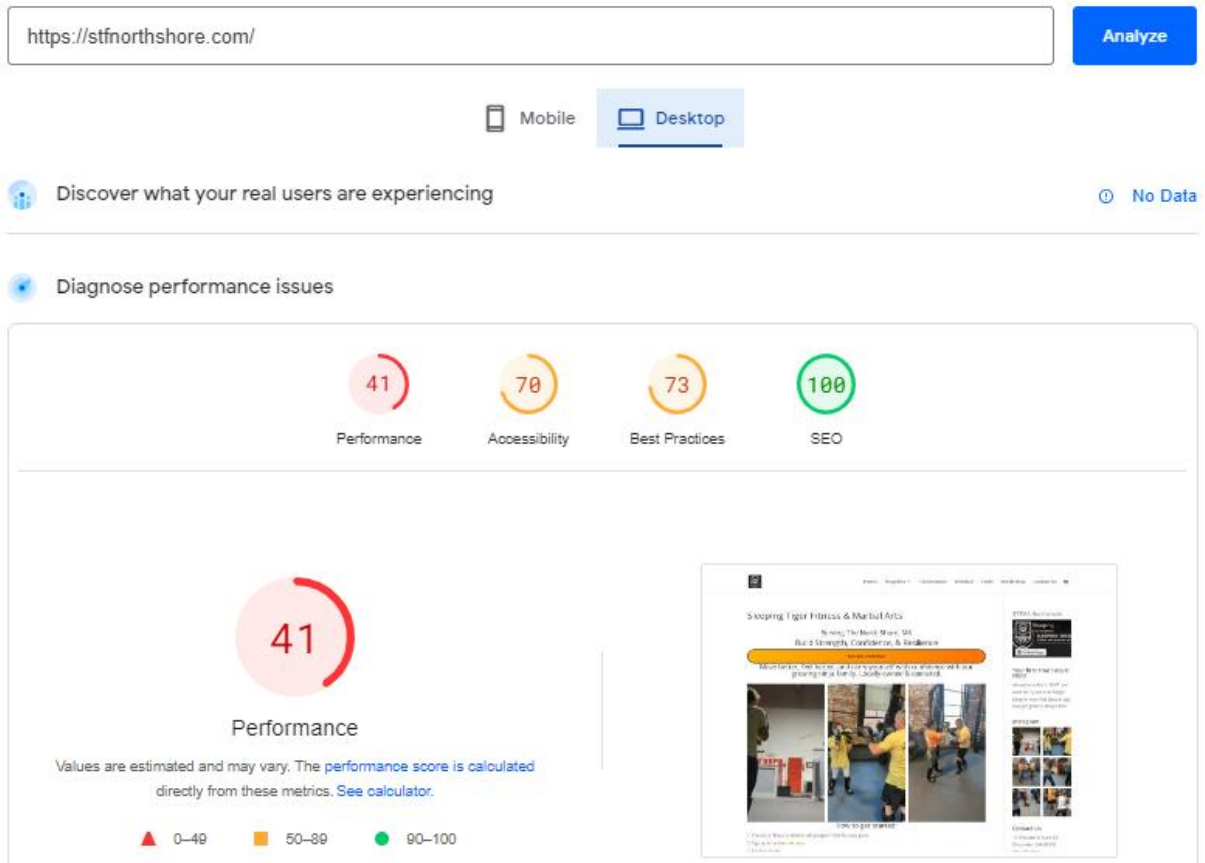
Join us today!

Move better. Run faster, and carry yourself with confidence with our growing ninja family. Locally owned & operated.

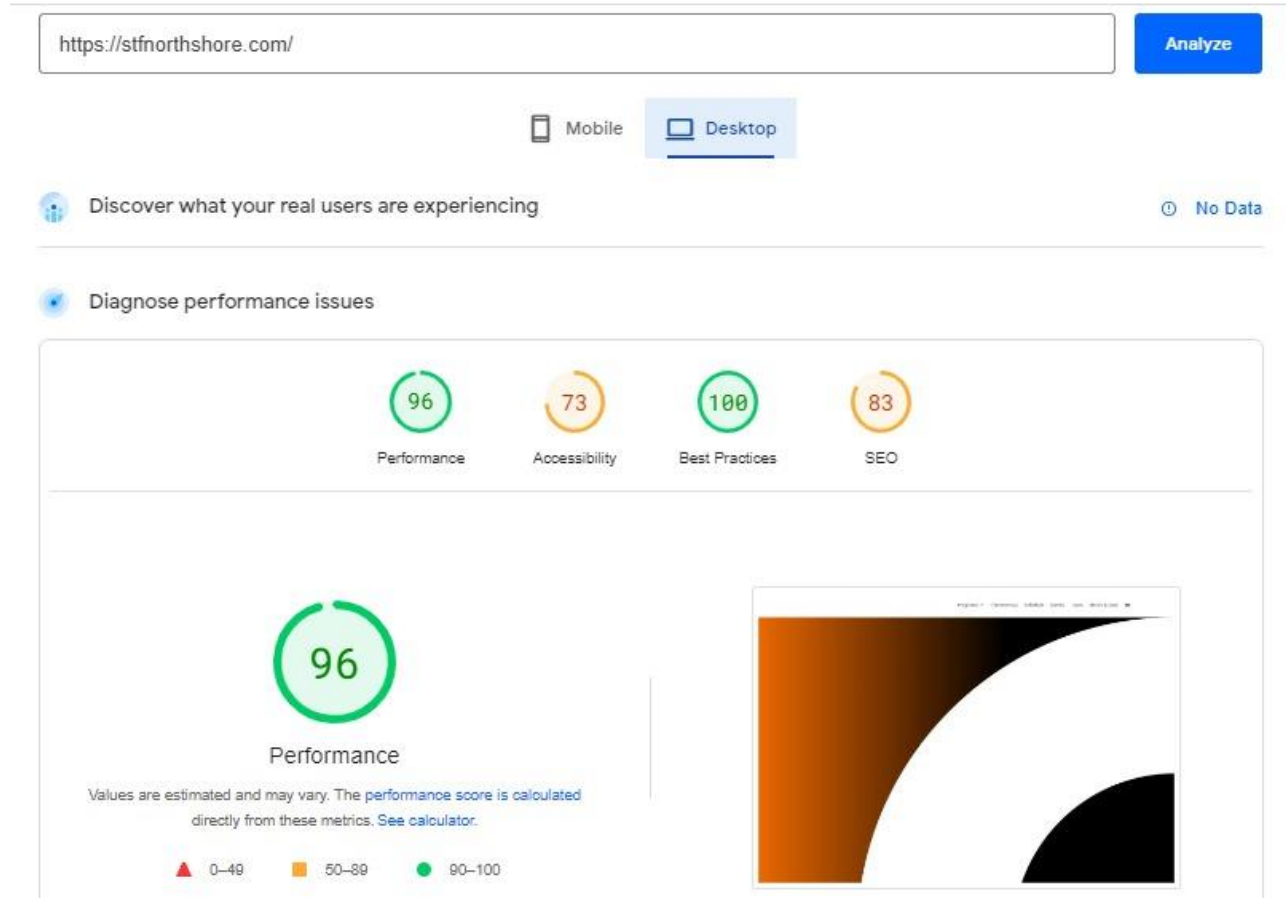
After Optimization:



Before For Desktop:



After Optimization:



We Optimize Page Load speed, And Submitted Reboot.txt file, Except that everything was working perfectly,