



1. Did you use the keywords once in an H1 header tag? (see custom title below)
2. Did you use the keywords at least 3 times in the post?
3. Did you use the keywords once in bold?
4. Are there any images on the page? Did you include the keywords in the alt tag of the images?
5. Did you use the keywords in the permalink making sure to put important keywords first?
6. Did you add the keywords to the front of the custom title tag, making sure the title is only 70 characters long (no more, no less!)?
7. Did you use the keywords in the beginning of the meta description, making sure the description is 150-165 characters long (no more, no less!)?
8. Did you add the keywords to the meta keywords section of the post?

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