



Website review impulse-braintraining.com

Generated on March 03 2026 10:42 AM

The score is 73/100



SEO Content

	Title	<p>Impulse Brain Training: Boost Focus & Self-Control</p> <p>Length : 50</p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Impulse brain training strengthens your ability to pause, focus, and make intentional decisions. These targeted exercises are used by athletes, executives, and ADHD coaches to improve cognitive control.</p> <p>Length : 202</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1346 1481 1823"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>Impulse Brain Training: Boost Focus & Self-Control</td> </tr> <tr> <td>description</td> <td>Impulse brain training strengthens your ability to pause, focus, and make intentional decisions. These targeted exercises are used by athletes, executives, and ADHD coaches to improve cognitive control.</td> </tr> <tr> <td>type</td> <td>website</td> </tr> </tbody> </table>	Property	Content	title	Impulse Brain Training: Boost Focus & Self-Control	description	Impulse brain training strengthens your ability to pause, focus, and make intentional decisions. These targeted exercises are used by athletes, executives, and ADHD coaches to improve cognitive control.	type	website				
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	Headings	<table border="1" data-bbox="539 1854 1481 1928"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>8</td> <td>9</td> <td>28</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1957 1481 2056" style="list-style-type: none"> • [H1] Master Your Impulses with Science-Backed Brain Training • [H2] Dr. Naomi Keene • [H2] Top 5 Impulse Training Exercises 	H1	H2	H3	H4	H5	H6	1	8	9	28	0	0
H1	H2	H3	H4	H5	H6									
1	8	9	28	0	0									

SEO Content

- [H2] 7-Minute Daily Impulse Workout
- [H2] Proven Benefits
- [H2] Best Training Apps
- [H2] Pro Tips: How to Make Your Workout as Effective as Possible
- [H2] FAQs
- [H2] Final Recommendation
- [H3] About the Author
- [H3] Projects and Cooperation
- [H3] Connect with Dr. Naomi Keene
- [H3] Morning routine:
 - [H3] 1. Mind Elevate
 - [H3] 2. BrainHQ
 - [H3] 3. Dual N Back Training Apps
 - [H3] 4. Peak
 - [H3] 5. Elevate
- [H4] 1. Stroop Test - 1 minute
- [H4] 2. Dual 2-Back - 2 minutes
- [H4] 3. Go/No-Go Task - 1 minute
- [H4] 4. Flanker Task - 1 minute
- [H4] 5. Delayed Gratification Practice - 2 minutes
- [H4] Features:
 - [H4] Pros:
 - [H4] Cons:
- [H4] Features:
 - [H4] Pros:
 - [H4] Cons:
- [H4] Features:
 - [H4] Pros:
 - [H4] Cons:
- [H4] Features:
 - [H4] Pros:
 - [H4] Cons:
- [H4] Features:
 - [H4] Pros:
 - [H4] Cons:
- [H4] Features:
 - [H4] Pros:
 - [H4] Cons:
- [H4] What exactly is impulse brain training?
- [H4] How is this different from regular brain games?
- [H4] Can impulse training help with ADHD?
- [H4] How quickly will I see results?
- [H4] What's the best exercise to start with?
- [H4] Are there any risks or side effects?
- [H4] Can seniors benefit from this training?
- [H4] How does this compare to meditation?

	Images	We found 13 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : 67% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.

SEO Content

		
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 10 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 30% Internal Links 70%

In-page links

Anchor	Type	Juice
Author	Internal	Passing Juice
Exercises	Internal	Passing Juice
Workout	Internal	Passing Juice
Benefits	Internal	Passing Juice
Apps	Internal	Passing Juice
Tips	Internal	Passing Juice
FAQ	Internal	Passing Juice
impulse brain training	External	Passing Juice
Games for logic	External	Passing Juice

In-page links

[focused thinking](#)

External

Passing Juice

SEO Keywords



Keywords Cloud

attention exercises **brain** practice cognitive
memory test workout **impulse training**

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
training	45	✓	✗	✓	✓
impulse	38	✓	✗	✓	✓
brain	37	✓	✗	✓	✓
exercises	15	✗	✗	✓	✓
attention	14	✗	✗	✗	✗

Usability

	Url	Domain : impulse-braintraining.com Length : 25
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Perfect, your website has few JavaScript files. Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon Meta Viewport Tag Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. https://impulse-braintraining.com/sitemap.xml
	Robots.txt	http://impulse-braintraining.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing

Optimization



We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.