

[Weightlossmethods2u](#) Guest Post Requirement:

- **Headline**

Write a 65 characters headline which included enter your keyword, it must be as prominent as possible and able to attention-grabbing.

- **Keyword**

Tell me your primary keywords, it can be one, or at the most two primary keywords at a time. We suggest your focus on long-tail keywords instead of short-tail keywords.

- **Keyword density**

Keep your keyword density around 1.5% to 3%. You can use this [tool](#) to calculate your keyword density to avoid stuffing.

- **Use latent semantic indexing (LSI)**

Do not keyword stuffing, but use related keywords, grammatical variations, and synonyms.

Free of spelling and grammatical errors.

- **Unique Content**

Do not copy content from other websites. Content must be original and unique as well as at least 1000 words above. You can use plagiarism checkers to avoid unintentional duplication.

- **Link Out**

Links to related references and resources in the body of your copy can support key points and provide more value for readers.

- **Link In**

Linking internally is equally important. Try to find the relevant topic within this blog and link it to improve user experience.

- **Write Meta Descriptions**

Write a Meta description with 160 characters which also included your primary keywords. A short description considered important because it can capture the eyes of your readers to read your articles.