

# LLM Scan

PUBLIC AI VISIBILITY REPORT

# fitlog.fyi

Scanned Jun 24, 2026, 11:00 UTC

OVERALL SCORE

# 48 /100

Needs Work

## Executive summary

This site has a useful foundation, but important gaps still limit AI readability. Key strengths include AI guidance file and sitemap, while plain-text page access and page structure need attention. Recommended next step: add content negotiation for Accept: text/markdown on the homepage and return a markdown representation with Content-Type: text/markdown. Keep the HTML response for regular browser requests.

## Recommended next step

1. Add content negotiation for Accept: text/markdown on the homepage and return a markdown representation with Content-Type: text/markdown. Keep the HTML response for regular browser requests.
2. Review AI crawler Disallow rules and keep only the paths that should be excluded from AI crawler access; serve a non-empty HTML homepage with a canonical link tag.
3. Shorten the meta description to 160 characters or fewer. Avoid skipped heading levels so sections progress from h1 to h2 to h3 without gaps. Add missing semantic elements: article. Add visible body copy after script and style removal so the page has at least 200 words.

## Signal breakdown

### Crawlability

Warn 10/20

Review AI crawler Disallow rules and keep only the paths that should be excluded from AI crawler access; serve a non-empty HTML homepage with a canonical link tag.

### Robots.txt

Warn 7.5/15

Review AI crawler Disallow rules and keep only the paths that should be excluded from AI crawler access.

### llms.txt

Pass 15/15

The llms.txt file was found and includes the expected text, length, heading, and URL signals.

### Sitemap

Pass 10/10

The sitemap.xml file is valid and contains URL entries.

### Markdown support

Fail 0/15

Add content negotiation for Accept: text/markdown on the homepage and return a markdown representation with Content-Type: text/markdown. Keep the HTML response for regular browser requests.

### Semantic HTML

Fail 0/10

Shorten the meta description to 160 characters or fewer. Avoid skipped heading levels so sections progress from h1 to h2 to h3 without gaps. Add missing semantic elements: article. Add visible body copy after script and style removal so the

### Structured data

Warn 5/10

Prefer valid JSON-LD and include Organization or WebSite schema.org types in valid JSON-LD for clearer AI interpretation.

### Content signals

Fail 0/5

Add the standard directive 'Content-Signal: ai-train=no, search=yes, ai-input=yes' to robots.txt, HTML metadata, or HTTP headers so AI systems can discover content usage preferences.

## Suggested fixes

### Fix Structured data

#### HTML

```
<script type="application/ld+json">
{
"@context": "https://schema.org",
"@graph": [
{
"@type": "Organization",
"@id": "https://fitlog.fyi/#organization",
"name": "Free Calorie Calculator for Weight Loss | FitLog",
"description": "Find out exactly how many calories you need to lose weight.
Free bodyweight calorie calculator - enter your weight, pick your goal, get
your daily target in seconds.",
"url": "https://fitlog.fyi/",
"logo": "https://fitlog.fyi/favicon.ico?favicon.1870b9b6.ico"
},
{
"@type": "WebSite",
"@id": "https://fitlog.fyi/#website",
"name": "Free Calorie Calculator for Weight Loss | FitLog",
"description": "Find out exactly how many calories you need to lose weight.
Free bodyweight calorie calculator - enter your weight, pick your goal, get
your daily target in seconds.",
"url": "https://fitlog.fyi/",
"publisher": {
"@id": "https://fitlog.fyi/#organization"
},
"inLanguage": "en"
}
]
}
```

Continued in the full scan report...

### Fix Content signals

#### HTML

```
<meta http-equiv="Content-Signal" content="ai-train=no, search=yes,
ai-input=yes" />
<meta name="content-signal" content="ai-train=no, search=yes, ai-input=yes"
/>
```

## Full report

<https://www.llmscan.dev/scan/Ppgq3BRIVkwp1pcJKa5Z5>