

OVERALL SCORE

36 /100 Poor

Executive summary

This site is difficult for AI tools to read right now. Key strengths include homepage access, while AI guidance file and plain-text page access need attention. Recommended next step: publish an AI guidance file as text or markdown with more than 200 characters, markdown headings, and at least one absolute URL.

Recommended next step

- 1. Publish /llms.txt as text or markdown with more than 200 characters, markdown headings, and at least one absolute URL.
- 2. 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.
- 3. Publish a valid XML sitemap at /sitemap.xml and reference it from robots.txt so crawlers and AI systems can discover important URLs.

Signal breakdown

Crawlability	Pass	20/20
The homepage resolves, connects, returns HTTP 200 OK, exposes a canonical URL, and is not blocked by robots.txt.		
Robots.txt	Warn	7.5/15
Add a User-agent: * section with Allow or Disallow directives and include Sitemap references for crawler discovery.		
llms.txt	Fail	0/15
Publish /llms.txt as text or markdown with more than 200 characters, markdown headings, and at least one absolute URL.		

Sitemap	Fail	0/10
Publish a valid XML sitemap at /sitemap.xml and reference it from robots.txt so crawlers and AI systems can discover important URLs.		
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	Warn	8.6/10
Add missing semantic elements: article.		
Structured data	Fail	0/10
Add JSON-LD structured data with Organization or WebSite schema so AI systems can identify the site owner or website entity.		
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://trackmyage.com/#organization",
      "name": "trackmyage - Know your body age",
      "description": "trackmyage puts your watch data, your meals and your blood work in one place, and turns them into two numbers: Body Age and Aging Speed.",
      "url": "https://trackmyage.com/",
      "logo": "https://trackmyage.com/icons/apple-touch-icon.png",
      "sameAs": [
        "https://x.com/bangkokbuild"
      ],
    },
    {
      "@type": "WebSite",
      "@id": "https://trackmyage.com/#website",
      "name": "trackmyage - Know your body age",
      "description": "trackmyage puts your watch data, your meals and your blood work in one place, and turns them into two numbers: Body Age and Aging Speed.",
      "url": "https://trackmyage.com/",
      "publisher": {
        "name": "trackmyage",
        "url": "https://trackmyage.com/"
      }
    }
  ]
}
```

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://llmscan.dev/scan/T7uCQ9EF-u201QvxUAO6J>