30-day SEO course tracker

30-day SEO course tracker turns a broad intention into a sequence of actions you can record on paper. The 30 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	Day 15 ◯
Day 16 ◯	Day 17 ◯	Day 18 ◯	Day 19 ◯	Day 20 ◯
Day 21 ◯	Day 22 ◯	Day 23 ◯	Day 24 ◯	Day 25 ◯
Day 26 ◯	Day 27 ◯	Day 28 ◯	Day 29 ◯	Day 30 ◯

Mark completed days; after a missed day, continue with the current task.

Course

Daily tasks and notes

▫ Day 1

Compare a site-specific search with your useful page inventory. Check one important URL separately and record a discrepancy rather than treating the result count as exact.

What did you observe while practising “День 1. Как поисковик находит и показывает страницу”, and which result will you test next?

▫ Day 2

Choose three target queries. Compare the page formats in their search results with your own destination pages and identify the visitor intent each one serves.

What did you observe while practising “День 2. Поисковое намерение: что человек хочет на самом деле”, and which result will you test next?

▫ Day 3

Inspect a priority query’s results. List the features above ordinary links and collect unanswered questions that would help a visitor choose your page.

What did you observe while practising “День 3. Анатомия выдачи: за что идёт борьба”, and which result will you test next?

▫ Day 4

Check a key page for authorship, contact details, specific conditions, original examples, repetition and intrusive elements. Pick three useful improvements.

What did you observe while practising “День 4. Как поисковик оценивает качество”, and which result will you test next?

▫ Day 5

Run the lesson’s five diagnostic checks. Record the issue, location, impact and next action; also note checks that found no problem.

What did you observe while practising “День 5. Экспресс-диагностика своего сайта за 15 минут”, and which result will you test next?

▫ Day 6

Choose three seed topics and collect relevant queries from suggestions or available research tools. Remove unrelated searches and label useful modifiers.

What did you observe while practising “День 6. Сбор запросов: откуда брать спрос”, and which result will you test next?

Daily tasks and notes

▫ Day 7

Add sourced demand figures, an observed difficulty estimate and project value to the query list. Compare priorities without inventing missing measurements.

What did you observe while practising “День 7. Частотность, сложность и ценность запроса”, and which result will you test next?

▫ Day 8

Group synonyms and reordered queries. Compare shared result URLs for uncertain pairs and select a main query for each group.

What did you observe while practising “День 8. Кластеризация: какие запросы живут на одной странице”, and which result will you test next?

▫ Day 9

Map each query cluster to an existing or proposed page. Check three important searches for competing pages on your own site and record a decision.

What did you observe while practising “День 9. Карта «кластер → страница» и каннибализация”, and which result will you test next?

▫ Day 10

Collect eight to ten tasks from your diagnosis and page map. Apply the lesson’s prioritization model and create a feasible first-week plan.

What did you observe while practising “День 10. Контент-план по приоритетам”, and which result will you test next?

▫ Day 11

Choose three pages with impressions. Record their current titles and descriptions, draft alternatives and check that their promises match the page contents.

What did you observe while practising “День 11. Title и description, по которым кликают”, and which result will you test next?

▫ Day 12

List a page’s headings, useful reader questions and relevant competing outlines. Build an H1–H3 structure that answers a specific intent.

What did you observe while practising “День 12. Заголовки H1–H3 и структура текста”, and which result will you test next?

Daily tasks and notes

▫ Day 13

Review a selected page for direct answers, examples, facts and unnecessary repetition. Rewrite one weak section and explain the reader benefit.

What did you observe while practising “День 13. Текст, который закрывает намерение”, and which result will you test next?

▫ Day 14

Inspect meaningful page images for purpose, dimensions, file size and alternative text. Plan one change that preserves their explanatory value.

What did you observe while practising “День 14. Изображения: alt, вес и форматы”, and which result will you test next?

▫ Day 15

Inspect page addresses and internal links. Find vague anchors, unnecessary parameters or duplicate destinations and plan a safe adjustment.

What did you observe while practising “День 15. URL, хлебные крошки и ссылки в тексте”, and which result will you test next?

▫ Day 16

Read the site’s robots file and page indexing directives using the lesson’s checks. Distinguish crawl control from indexing control and record an issue before changing anything.

What did you observe while practising “День 16. robots.txt и noindex: что закрывать от поиска”, and which result will you test next?

▫ Day 17

Compare a preferred page address with its canonical and sitemap signals. Check response statuses and note conflicting signals for investigation.

What did you observe while practising “День 17. Sitemap и canonical: карта и главная версия”, and which result will you test next?

▫ Day 18

Measure two pages with an available performance tool. Record the testing environment, a problematic metric and one small change to compare later.

What did you observe while practising “День 18. Скорость и Core Web Vitals”, and which result will you test next?

Daily tasks and notes

▫ Day 19

Open two pages on a phone. Check readability, controls and the presence of key text and links compared with the desktop edition.

What did you observe while practising “День 19. Мобильная версия и JavaScript”, and which result will you test next?

▫ Day 20

Validate structured data on two pages. Record detected types and issues; select a suitable type only for content visitors can actually see.

What did you observe while practising “День 20. Структурированные данные (schema.org)”, and which result will you test next?

▫ Day 21

Draw connections between a topic hub, detailed resources and useful destination pages. Identify missing contextual links and improve one connection.

What did you observe while practising “День 21. Перелинковка как система: хабы и кластеры”, and which result will you test next?

▫ Day 22

Read your site’s external link report. Assess ten sources for relevance and signs of a real publication; record suspicious examples without drawing automatic conclusions.

What did you observe while practising “День 22. Внешние ссылки: какие помогают, какие вредят”, and which result will you test next?

▫ Day 23

Plan a small useful publication or original example for a PR opportunity. Find five relevant outlets and draft one specific contribution proposal.

What did you observe while practising “День 23. Цифровой PR: ссылки, которые зарабатывают”, and which result will you test next?

▫ Day 24

If the project serves a real location, compare business details on the site and maps. Review unanswered feedback and draft helpful replies; otherwise record why the exercise does not apply.

What did you observe while practising “День 24. Локальное SEO: карты и отзывы”, and which result will you test next?

Daily tasks and notes

▫ Day 25

For actual language editions, inspect hreflang, return links and content equivalence. Do not add imaginary addresses for translations that do not exist.

What did you observe while practising “День 25. Многоязычные и мультирегиональные сайты: hreflang”, and which result will you test next?

▫ Day 26

Connect available webmaster tools or open existing reports. Select queries with impressions and pages with indexing issues for a further check.

What did you observe while practising “День 26. Search Console и Яндекс Вебмастер”, and which result will you test next?

▫ Day 27

Compare appropriate reporting periods and follow the chain from impressions to useful actions. Separate branded queries and note seasonal or project changes.

What did you observe while practising “День 27. Метрики и отчёт: что считать успехом”, and which result will you test next?

▫ Day 28

Choose a page with improvement potential. Find unanswered query themes and plan updates to facts, structure, title and useful internal links.

What did you observe while practising “День 28. Обновление старого контента”, and which result will you test next?

▫ Day 29

Try three topic questions in available AI-assisted answers. Compare cited sources and rewrite a relevant paragraph as a direct, checkable explanation.

What did you observe while practising “День 29. SEO для ИИ-ответов и чат-поиска”, and which result will you test next?

▫ Day 30

Turn your notes into a ninety-day plan for urgent fixes, quick improvements, content and useful connections. Assign owners and a review date.

What did you observe while practising “День 30. Финал: ваш SEO-план на 90 дней”, and which result will you test next?

Reflection and next step

How to use

1. Choose one personal goal for seo before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

This tracker accompanies the course “SEO за 30 дней”. Use the paper for check marks and observations, and open the lessons for explanations and practical exercises. The course currently teaches in Russian; the tracker has an independently written English edition. Its steps match the lessons that are actually available.

https://sprintcourse.com/ru/courses/seo-30