

Here is the brief explanation of the categories of my report:

Ranking 1-10: It means the competition for ranking on page one of Google between the 1-10 spot! The less the range the more possibility of ranking. For example "crossfit workout programs" got 55.49 out of 500 range for "Ranking 1-10" category. So, it is very less competitive keyword and you can easily rank for it with very few backlinks!

Adwords Competition: Adwords is a Google's paid advertising network! So, "Adwords Competition" means the competition for a keyword for promoting it with Adwords paid advertising network! You don't have to worry about it if you are not going to use paid advertising for promoting your blog!

CPC: CPC stands for "Cost per click"! It means how much people are investing for Cost per click advertising for a keyword. You don't have to worry about it if you are not going to use paid advertising for promoting your blog!

Adsense Value: It is the value of a keyword for adsense blogs. Adsense is a advertising revenue source for bloggers and webmasters. You don't have to worry about it if you are not going to use adsense ads for generating revenue from your blog.