

Weekly Website Promotion Guidelines for One Website			
	Light Plan (7 Hours a Week)	Intermediate Plan (14 Hours a Week)	Heavy Plan (28 Hours a Week)
Keyword Content Pages (300 - 400 words per page should take 20-40 minutes to create)	5	10	20
400-600 Word Articles Written and Distributed to Directories	1	2	5
Blog Comments on "Do Follow" blogs	10	20	40
30 Minutes Backlinks Projects Leveraged	1	2	4
Link Exchanges	5	10	20
Webmaster Content Swaps	2	4	8
Minimum Keywords Required to fulfill tasks	50 High Quality keywords	100 High Quality keywords	200 High Quality Keywords
Yearly Outlook for Content Created and Potential Backlinks	260 Content Pages 1820+ backlinks conservatively created	520 Content Pages 3640+ backlinks conservatively created	1040 Content Pages 7280+ backlinks conservatively created
			Where do you want to be in a year from now?

QUICK TIPS TO APPLY WEB PROMOTION GUIDELINES:

1. Content Pages - the form is simple. Have a headline that pulls in the reader, body text that is easy to read, and a call to action that directs the visitor to opt-in or visit a page that is geared to make a profit.
2. Always think about eliminating footprints and redundancy when spreading links. Rotate your keywords in anchor text with blog comments, article submissions, link exchanges and 30 Minute Backlinks Technique. This is why you need a larger stash of keywords to fulfill each project plan.
3. You can easily and automatically rotate your anchor text and article submissions using Unique Article Wizard dot com.
4. Use Michelle's software submission backlink techniques at 30 Minute Backlinks dot com.
5. You can automate your link exchanges by using Auto Link Exchanger dot com developed by Nick Bokhonok.
6. You can find Do Follow blogs by using Fast Blog Finder dot com.