

## **Squidoo Lens 5-Pack For Sale Lens Stats and Details**

### **Weight-Loss Niche**

From:

PotPieGirl.com



2-18-2008

**For Sale: 5 Squidoo Lenses in the Weight Loss niche  
Lenses Created: 1-25-2008**

**Lens Urls:**

**<http://www.squidoo.com/lose-ten-pounds-fast>  
<http://www.squidoo.com/weight-loss-over-30>  
<http://www.squidoo.com/lose-weight-fast-diet-tips>  
<http://www.squidoo.com/natural-weight-loss-tips>  
<http://www.squidoo.com/easy-weight-loss-diet>**

## Primary Lens:

Lose 10 Pounds - <http://www.squidoo.com/lose-ten-pounds-fast>



## Lose 10 Pounds | How To Lose 15 Pounds Fast! | Wedding Weight Loss Tips

Created on 01/25/2008. Last updated: 02/17/2008

Rated: ★★☆☆☆ (by 3 people)

Summary

Traffic

Royalties

### Lensrank

#1,025 overall

#63 in [Health & Medicine](#)

Highest rank achieved: #1025 overall

Days on the [Top 100 list](#): 0

### Surfer Stats

Clickouts: 47

Number of times lens has been emailed:

Number of times lens has been marked as favorite: 0

All 5 lenses were created on the same day, but I chose one to "push" in order to test the profitability potential of the niche. This 'Lose 10 Pounds' lens has done very well in its first 3 weeks.

Just this one little key phrase has good potential, so I went for it.

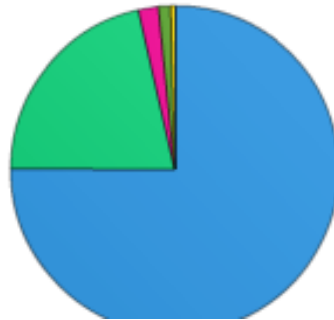
WordTracker	WordTracker count	Google daily est	Yahoo! daily est
<a href="#">lose 10 pounds in a week</a>	53	66	19
<a href="#">lose 10 pounds</a>	37	46	13
<a href="#">how to lose 10 pounds</a>	33	41	12
<a href="#">lose 10 pounds fast</a>	22	28	8
<a href="#">lose 10 pounds in 2 weeks</a>	22	28	8
<a href="#">is it possible to lose 10 pounds a week</a>	12	15	4
<a href="#">lose 10 pounds in 3 days</a>	11	14	4
<a href="#">lose 10 pounds in one week</a>	10	13	4
<a href="#">how do i lose 10 pounds in 1 week</a>	6	8	2
<a href="#">how to lose 10 pounds in 3 days without tuna fish</a>	6	8	2
<a href="#">lose 10 pounds in 10 days</a>	6	8	2
<a href="#">i want to lose 10 pounds</a>	5	6	2

## Traffic Sources from Squidoo Dashboard:

### Traffic Sources

<u>Source</u>	<u>Visits</u>
Google	190
Referral	54
AOL	5
Direct	3
MSN	1

- Google
- Referral
- AOL
- Direct
- MSN



## Keywords to Date:

Keywords	Number
how to loose 10 pounds fast ±	5
fastest way to lose 10 pounds ±	4
fastest way to lose 10 lbs ±	3
lose ten pounds quickly ±	3
how to loose 10 lbs quickly ±	2
free way to lose 10 pounds ±	1
tips for a quick way to lose 10 pounds ±	1
how to loose 10 pounds in 2 weeks quik ±	1
10 pounds fast ±	1
fast way lose 10 lbs in a week ±	1
lose pounds quickly ±	1
water fast - 10 lbs ±	1
how to loose five pounds ±	1
fast way to 10 pounds ±	1
losing 10 pounds for wedding ±	1
how can you lose five pounds quickly ±	1
loose 10 pounds quick ±	1
naturally loose 10 pounds ±	1
how to loose 10 lbs quick ±	1
how to lose 10 pounds quickly and keep it ±	1
i need to loose 10 pounds fast ±	1

▼ [more keywords](#)

As you can see, this lens hit on a lot of 'long-tail' keywords... and the list is much longer than what is shown here.

Lens is picking up steam on Google and is ranking well (first page) for some good long-tail terms.

Web Result

[Diet Power > Features > Featured Articles > Lose 10 Pounds in 10 Days!](#)  
I collect them the way some people collect postcards or paperweights. ... So, yes, you can lose ten pounds in ten days—in fact, you can lose ten pounds in a ...  
[my.dietpower.com/features/lose\\_10\\_pounds.php](#) - 22k - [Cached](#) - [Similar pages](#) - [Note this](#)

[lose weight fast - weight lose - fastest way to lose weight](#)  
The enclosed ten tips are designed to help you lose weight fast. ... The average person can lose 9-10 pounds in one year just from doubling their fiber ...  
[www.changingshape.com/resources/articles/lose-weight-fast.asp](#) - 57k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Lose 10 pounds](#)  
That'll add up over the years too fast! So my goal is to lose 10 pounds in 2 ... Not perfect but on the way, have to think up some good quick meals to have ...  
[www.43things.com/things/view/46/lose-10-pounds](#) - 39k - [Cached](#) - [Similar pages](#) - [Note this](#)

[How To Lose 10 Pounds Fast](#)  
Here are three ways you can easily lose 5-10 pounds fast: ... The best way to do a juice fast is to simply drink fresh squeezed lemonade. ...  
[ezinearticles.com/?How-To-Lose-10-Pounds-Fast&id=329498](#) - 43k - [Cached](#) - [Similar pages](#) - [Note this](#)

[Lose 10 Pounds | How To Lose 15 Pounds Fast! | Wedding Weight Loss ...](#)  
The following tips will help you lose ten pounds quickly. If you need a quick and healthy way to lose 20 pounds or more, check out this new fast weight loss ...  
[www.squidoo.com/lose-ten-pounds-fast](#) - 53k - [Cached](#) - [Similar pages](#) - [Note this](#)

[TeenHealthFX - Answers - Fastest Way To Lose 10 Pounds](#)  
What is the fastest way to lose 10 pounds? Signed: Fastest Way To Lose 10 Pounds.  
Dear Fastest Way To Lose 10 Pounds, There are many advertisements in ...  
[www.teenhealthfx.com/answers/Sports/1413.html](#) - 12k - [Cached](#) - [Similar pages](#) - [Note this](#)

As of today (2-18-2008) this lens ALREADY enjoys an **over-all Squidoo lensrank of #1025!!!** That even impressed ME...lol! The 47 click-outs just thru this testing phase are a real good sign, too!

**This lens is currently monetized with 2 Clickbank products and a Clickbank RSS feed which has my Clickbank Affiliate ID embedded in it. The Amazon or eBay modules are thru Squidoo and earnings will transfer to the new owner.**

**If interested (upon purchase), I will generate a Clickbank RSS feed for your use with your unique CB affiliate ID in it. These RSS feeds can be very handy for some extra earning power.**

**This 'Lose 10 Pounds' Lens is the only one I have been adding to, testing, and 'tweaking'. Also, this lens and one other have a mini-article marketing campaign started for them to create those all-important backlinks. The articles are under a pen-name.**

**All 5 lenses are inter-linked to generate exposure to each other. I expect all 5 lenses to do well when tested and tweaked. However, at that point, after seeing the great potential of just this one lens, I may keep all five if I put too much work into them =)**

**The other 4 lenses were created and minus a few "tweaks" are still basically the same as I originally created them. They are ready to be optimized for your specific needs - whether that is to use weight-loss keywords to link to your site or blog... or to use these Squidoo lenses for article marketing campaigns and use these Squidoo pages as "landing pages".... or both! Also, I have a "Lose 10 Pounds Quick" 38-page ebook that I can give to you if you need a product to sell or something to give away to build a list. Please ask when making payment and I will send the zip file to you.**

## Basic Stats /Over-View of 4 supporting lenses:

### Healthy Weight Loss over 30



## Healthy Weight Loss Tips for Women Over 30

Created on 01/25/2008. Last updated: 01/26/2008

Rated: ★★☆☆☆ (by 2 people)

Summary

Traffic

Royalties

### Lens Traffic

Date range:

### Visits

Visits = the number of people to land on your lens. [Find out how to get more!](#)

Last 7 days: **17** visits    Life of lens: **37** visits (not including today)

### Traffic Sources

Source	Visits
Referral	25
Google	14
Direct	2

- Referral
- Google
- Direct



Keywords	Number
women over 30 ±	3
proper calorie intake ±	2
30 woman wieght loss ±	1
weightloss at 30 ±	1
weioght loss in 30's ±	1
free women over 30 ±	1
woman at 30 do ±	1
what women should to stay healthy in there 30's ±	1
women at 30 ±	1
healthy living for over 30 ±	1

## Lose Weight Fast Diet Tips



### Lose Weight Fast | Super Diet Tips to Lose Weight Super Fast

Created on 01/25/2008. Last updated: 01/26/2008

Rated: ★★★★★ (by 2 people)

Summary

Traffic

Royalties

### Lens Traffic

Date range:  ▼

### Visits

Visits = the number of people to land on your lens. [Find out how to get more!](#)

Last 7 days: **9** visits    Life of lens: **27** visits (not including today)

### Traffic Sources

Source	Visits
Referral	19
Google	7
Direct	2

● Referral  
● Google  
● Direct

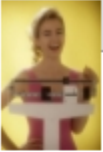


Keywords	Number
<a href="#">lose chubbiness ±</a>	1
<a href="#">how to lose chubbiness ±</a>	1
<a href="#">tips to loose more pounds ±</a>	1
<a href="#">super fast metabolism ±</a>	1
<a href="#">tips on loose motion ±</a>	1
<a href="#">grapefruit fast lose weight ±</a>	1
<a href="#">su ±</a>	1

These tags, or keyword phrases, delivered your lens to searchers. See one you haven't used? Add it to your lens (±)



## Easy Weight Loss Diet



### Easy Weight Loss Diet

Created on 01/26/2008. Last updated: 01/26/2008

Rated: ★★★★★ (by 1 person)

Summary

Traffic

Royalties

#### Lensrank

#19,347 overall

#1824 in [Health & Medicine](#)

Highest rank achieved: #19187 overall

Days on the [Top 100 list](#): 0

#### Surfer Stats

Clickouts: 2

Number of times lens has been emailed:

Number of times lens has been marked as favorite: 0

## Natural Weight Loss Tips



### Natural Weight Loss Tips - How to Lose Weight Naturally

Created on 01/26/2008. Last updated: 01/26/2008

Rated: ★★★★★ (by 1 person)

Summary

Traffic

Royalties

#### Lensrank

#17,003 overall

#1577 in [Health & Medicine](#)

Highest rank achieved: #16800 overall

Days on the [Top 100 list](#): 0

#### Surfer Stats

Clickouts: 1

Number of times lens has been emailed:

Number of times lens has been marked as favorite: 0

## "Weight Loss" Is a BIG Niche with MANY Searches Every Day

Look:

WordTracker	WordTracker count	Google daily est	Yahoo! daily est	MSN daily est	Overall daily est
<a href="#">weight loss</a>	<a href="#">6633</a>	<a href="#">8,291</a>	<a href="#">2,381</a>	<a href="#">1,035</a>	11,698
<a href="#">quick weight loss</a>	<a href="#">787</a>	<a href="#">984</a>	<a href="#">283</a>	<a href="#">123</a>	1,388
<a href="#">weight loss pills</a>	<a href="#">700</a>	<a href="#">875</a>	<a href="#">251</a>	<a href="#">109</a>	1,235
<a href="#">weight loss tips</a>	<a href="#">638</a>	<a href="#">798</a>	<a href="#">229</a>	<a href="#">100</a>	1,125
<a href="#">weight loss cream</a>	<a href="#">562</a>	<a href="#">703</a>	<a href="#">202</a>	<a href="#">88</a>	991
<a href="#">weight loss programs</a>	<a href="#">528</a>	<a href="#">660</a>	<a href="#">190</a>	<a href="#">82</a>	931
<a href="#">fast weight loss</a>	<a href="#">464</a>	<a href="#">580</a>	<a href="#">167</a>	<a href="#">72</a>	818
<a href="#">la weight loss</a>	<a href="#">434</a>	<a href="#">543</a>	<a href="#">156</a>	<a href="#">68</a>	765
<a href="#">water help to loss weight</a>	<a href="#">394</a>	<a href="#">493</a>	<a href="#">141</a>	<a href="#">61</a>	695
<a href="#">alli weight loss</a>	<a href="#">188</a>	<a href="#">235</a>	<a href="#">67</a>	<a href="#">29</a>	332
<a href="#">weight loss surgery</a>	<a href="#">166</a>	<a href="#">208</a>	<a href="#">60</a>	<a href="#">26</a>	293
<a href="#">weight loss exercise programs</a>	<a href="#">165</a>	<a href="#">206</a>	<a href="#">59</a>	<a href="#">26</a>	291
<a href="#">71 weight loss tips</a>	<a href="#">163</a>	<a href="#">204</a>	<a href="#">59</a>	<a href="#">25</a>	287
<a href="#">weight loss supplements</a>	<a href="#">163</a>	<a href="#">204</a>	<a href="#">59</a>	<a href="#">25</a>	287
<a href="#">pure weight loss</a>	<a href="#">151</a>	<a href="#">189</a>	<a href="#">54</a>	<a href="#">24</a>	266
<a href="#">weight loss with tony gazelle elliptical</a>	<a href="#">151</a>	<a href="#">189</a>	<a href="#">54</a>	<a href="#">24</a>	266
<a href="#">healthy weight loss</a>	<a href="#">149</a>	<a href="#">186</a>	<a href="#">53</a>	<a href="#">23</a>	263
<a href="#">weight loss motivation</a>	<a href="#">142</a>	<a href="#">178</a>	<a href="#">51</a>	<a href="#">22</a>	250
<a href="#">weight loss calculator</a>	<a href="#">133</a>	<a href="#">166</a>	<a href="#">48</a>	<a href="#">21</a>	235
<a href="#">does espresso inhibit weight loss</a>	<a href="#">130</a>	<a href="#">163</a>	<a href="#">47</a>	<a href="#">20</a>	229
<a href="#">weight loss products</a>	<a href="#">130</a>	<a href="#">163</a>	<a href="#">47</a>	<a href="#">20</a>	229

**If you are already in the weight loss niche, these 5 lenses will do ALOT to boost your online exposure and search engine saturation. If you're NOT in this niche, but just want a lens 'power pack' for additional revenue, these lenses could be perfect for you.**

**Price/Payment Info:**

**The price for all 5 lenses is \$500. Payment by PayPal only (my PayPal address is: [admin@potpieworld.com](mailto:admin@potpieworld.com) ). PLEASE, email me FIRST before you pay to be certain these lenses are still available. These lenses will be transferred to your Squidoo account asap following payment. Transferring a lens is quick and painless. If you don't have a Squidoo account, simply go to: <http://www.squidoo.com> and sign up. It's FREE!**

**I expect to keep these 5 lenses on the "market" until the next Google PR update (a month or so). I anticipate these lenses to not only generate some nice additional revenue, but to also achieve decent Page Rank. At that point, I will most likely take them off market and keep them.**

**Any questions, comments.... or just to say "hello"....**

**Email me at:**

**[potpiegirl@potpieworld.com](mailto:potpiegirl@potpieworld.com)**

**Thanks for looking!**

**Jennifer**