

Free SEO Templates PDF (2026)

The Copy-Paste Workflow to Plan, Write & Optimize Content Faster

Use this pack as your repeatable system: keyword research → content brief → on-page checklist → internal links → KPI review → 14-day refresh.

Printable

Beginner → Pro

No fluff

2026 Edition

How to use: Print this PDF or keep it open while writing. Check items as you publish.

1-Page Quick Start Checklist

If you only do ONE thing: follow this checklist for every post.

- Pick the primary keyword + intent**
Is it a guide, list, template, comparison, or tool review?
- Collect entities + questions**
Build a list of related terms + FAQs before writing.
- Create a content brief**
Outline, tables, examples, internal links, and CTA placement.
- Write clean sections**
Short paragraphs, skimmable headings, real steps.
- On-page QC**
Title/meta, H2s, internal links, image alt, FAQs.

Publish + internal links

Add 3–5 internal links from older pages into this post.

14-day refresh

Improve CTR + add FAQs + expand weak section.

Template 1: Keyword Research Sheet

Fill this before writing. This prevents weak structure and missing subtopics.

Field	Fill in
Primary keyword	SEO templates
Search intent	Informational + practical templates
Audience	Beginners, SMBs, freelancers, content teams
SERP format	Guide + list + copy-paste examples + FAQs
Secondary keywords	free SEO templates, SEO checklist template, SEO content brief template, internal linking template, SEO audit template
Entities (20+)	search intent, topical authority, internal links, CTR, impressions, GSC, GA4, headings, meta description, schema, refresh, content decay
FAQs (6–10)	What are SEO templates? Which template matters most? How often should I refresh content? How do internal links help?
Unique angle	System: templates + workflow + refresh + KPI reporting

Template 2: SEO Content Brief

Brief (fill this)

Title promise

What exact result will the reader get?

Outline (H2/H3)

Copy competitor structure, then improve it.

Must-have assets

Table + checklists + examples + FAQ.

Internal links

3–8 links (pillar + cluster pages).

CTA plan

Top / Mid / Bottom CTA placements.

Meta + snippet (fill this)

Item	Draft
URL slug	/free-seo-templates-pdf/
Meta description	Copy-paste SEO templates for keyword research, content briefs, on-page checklists, internal linking, KPI reporting, and a 14-day refresh plan (2026).
Primary CTA	Get the Free PDF (open form)
Proof/trust	Short promise + no spam + update notes

Rule: If the brief feels unclear, the draft will be weak. Fix brief first.

Template 3: On-Page SEO Checklist (Publish QC)

Core on-page checklist

H1 matches intent + promise

Clear benefit, not vague.

Primary keyword in first 2 lines

Natural, not forced.

Entities covered across sections

Use related terms instead of repeating keyword.

At least 1 table + 2 checklists

More scannable + more useful.

One optimized image

Alt includes "SEO templates" once (natural).

Internal links (5–8)

Pillar + supporting pages.

External links (1–3)

Link to official docs where relevant.

FAQ (6–10)

Good for snippets + completeness.

CTR mini-checklist

Title includes benefit/angle

Example: "Copy-Paste", "Fast", "Checklist".

Meta includes "what's inside"

Templates + checklists + refresh plan.

First screen shows CTA

Above the fold CTA improves conversions.

Template 4: Internal Linking Map (Pillar + Cluster)

Page type	What to link	Rule
Pillar page	"SEO Templates" hub	Links out to every template/support page
Support pages	Brief / Checklist / Audit / KPI	Each links back to pillar + 1-2 siblings
Older posts	Related SEO topics	Add 3-5 internal links into your new page

Best practice: Use descriptive anchors (not spammy exact match every time).

Template 5: KPI Reporting (Monthly)

Measure what matters. Then decide what to refresh.

Metric	Where	What to do if low
Impressions	Search Console	Improve internal links + expand missing subtopics
CTR	Search Console	Rewrite title/meta + strengthen intro promise
Avg position	Search Console	Add examples, tables, FAQs; match SERP format
Conversions	GA4 / form	Stronger CTA copy + trust box + clearer benefits

Template 6: 14-Day Refresh Plan

Do this once after publishing (not forever every 14 days).

Rewrite title/meta for CTR

Use "Free", "Copy-Paste", "Checklist", "2026".

Add 2–3 internal links from older posts

New page needs internal authority.

Add 2 FAQs from real queries

Use Search Console queries/PAA.

Expand 1 weak section

More steps, more examples, more clarity.

Update the "what's inside" box

Make benefits clearer and faster to scan.

Next Steps

Your repeatable system: research → brief → write → on-page checklist → internal links → KPI review → refresh.

Use with your SEORAF pages

Link internally to build topical authority (EAT + checklists + migrations + tools reviews).

Author

Prepared for SEORAF by Mousume Akter. Update quarterly or when SERP changes.

Tip: Keep a simple update log (date + what changed). It builds trust and helps maintain rankings.