



All traffic sources sent 46,986 visits via 639 sources and mediums

Site Usage

Visits	Pages/Visit	Avg. Time on Site	% New Visits	Bounce Rate	
46,986 % of Site Total: 100.01%	1.93 Site Avg: 1.93 (> 0.00%)	00:01:37 Site Avg: 00:01:37 (> 0.00%)	87.53% Site Avg: 87.48% (0.05%)	66.85% Site Avg: 66.86% (-0.00%)	
Source/Medium	Visits	Pages/Visit	Avg. Time on Site	% New Visits	Bounce Rate
google / cpc	13,173	1.38	00:00:38	95.20%	84.15%
google / organic	10,788	2.50	00:02:33	81.55%	54.77%
(direct) / (none)	6,437	2.44	00:02:36	82.60%	55.66%
stumbleupon.com / referral	4,389	1.26	00:00:16	92.07%	75.35%
blackfive.net / referral	2,656	1.53	00:00:43	85.96%	63.82%
facebook.com / referral	2,193	1.92	00:01:43	83.54%	61.92%
indianadan.com / referral	1,166	1.51	00:01:11	92.88%	78.04%
yahoo / organic	987	2.54	00:03:00	87.74%	55.83%
bing / organic	488	2.47	00:02:39	83.61%	52.66%
morethanbrothers.com / referral	445	2.17	00:02:48	80.67%	48.31%
militaryjudges.com / referral	223	3.09	00:03:55	82.06%	41.70%
google.com / referral	199	1.70	00:01:26	90.95%	69.35%
aol / organic	198	2.19	00:02:07	83.33%	52.02%
lawguru.com / referral	136	3.95	00:06:11	66.18%	22.06%
biggovernment.com / referral	129	1.95	00:01:41	80.62%	65.12%
search / organic	121	2.12	00:03:07	87.60%	61.16%
humanevents.com / referral	119	1.67	00:00:51	97.48%	73.95%
digg.com / referral	93	1.95	00:01:45	80.65%	66.67%
borkthepork.blogtownhall.com / referral	87	2.91	00:04:15	78.16%	52.87%
supportourseals.com / referral	87	2.33	00:01:56	64.37%	54.02%
reddit.com / referral	86	1.12	00:00:08	97.67%	94.19%
blog.usnavyseals.com / referral	84	2.70	00:03:31	78.57%	50.00%

images.google.com / referral	83	1.64	00:01:15	93.98%	75.90%
philsgang.com / referral	75	2.17	00:01:52	97.33%	61.33%
ask / organic	72	1.72	00:02:16	86.11%	66.67%
webmail.aol.com / referral	67	2.22	00:02:03	82.09%	59.70%
navyseals.com / referral	63	2.43	00:02:49	80.95%	41.27%
googleads.g.doubleclick.net / referral	62	1.40	00:00:35	98.39%	83.87%
caaflog.com / referral	49	2.22	00:01:05	81.63%	59.18%
tacticalforums.com / referral	46	2.52	00:02:30	82.61%	43.48%
lauraingraham.com / referral	45	1.44	00:01:11	68.89%	71.11%
mdshooters.com / referral	42	1.50	00:00:59	97.62%	85.71%
live / organic	40	3.62	00:04:48	85.00%	27.50%
msn / organic	39	3.10	00:02:54	94.87%	41.03%
us.mg2.mail.yahoo.com / referral	39	1.79	00:02:11	89.74%	69.23%
linkedin.com / referral	37	4.00	00:03:03	91.89%	21.62%
logisticsmonster.com / referral	36	1.75	00:01:23	91.67%	58.33%
twitter.com / referral	35	2.43	00:02:56	60.00%	65.71%
audioasylum.com / referral	34	1.06	00:00:02	97.06%	97.06%
lerant.proboards.com / referral	34	2.85	00:03:55	35.29%	38.24%
maritimetacticalsecurity.com / referral	34	3.35	00:02:04	50.00%	32.35%
mixx.com / referral	34	13.59	00:04:55	85.29%	73.53%
cnn / organic	33	1.85	00:03:14	81.82%	60.61%
navyvets.com / referral	33	2.30	00:01:51	66.67%	45.45%
freerepublic.com / referral	32	1.91	00:00:26	96.88%	75.00%
morethanbrothers.us / referral	28	2.00	00:02:08	71.43%	50.00%
ch.yahoo.com / organic	27	2.52	00:02:45	96.30%	51.85%
pointofview.net / referral	25	2.72	00:06:26	92.00%	40.00%
lightfighter.net / referral	23	1.48	00:01:22	100.00%	82.61%
us.mg201.mail.yahoo.com / referral	21	1.86	00:01:39	95.24%	76.19%
victoryinstitute.net / referral	21	1.29	00:00:51	95.24%	76.19%
m.facebook.com / referral	19	1.11	00:00:12	94.74%	94.74%
us.mg1.mail.yahoo.com / referral	19	2.42	00:02:02	89.47%	52.63%
us.mg4.mail.yahoo.com / referral	19	1.74	00:01:54	78.95%	63.16%
armedpolitesociety.com / referral	18	1.11	00:00:08	94.44%	88.89%
dogpile.com / referral	18	2.83	00:05:49	83.33%	55.56%
forums.13x.com / referral	17	1.41	00:00:52	100.00%	88.24%
theusreport.com / referral	17	2.53	00:02:12	64.71%	52.94%



myfamily.com / referral	16	1.50	00:01:11	75.00%	75.00%
navysealsfund.org / referral	16	4.12	00:02:51	37.50%	25.00%
supporttheseals.com / referral	16	1.12	00:00:12	75.00%	87.50%
911familiesforamerica.org / referral	15	1.80	00:02:40	86.67%	53.33%
ixquick.com / referral	15	2.80	00:03:54	40.00%	26.67%
military.com / referral	15	1.60	00:01:55	100.00%	60.00%
mudvillegazette.com / referral	15	1.67	00:02:20	93.33%	53.33%
analyst-network.com / referral	14	1.64	00:00:27	92.86%	71.43%
blackfive.blogs.com / referral	14	1.50	00:00:22	71.43%	50.00%
bradthor.com / referral	14	1.21	00:00:16	100.00%	78.57%
netmail.verizon.net / referral	14	1.64	00:01:17	85.71%	78.57%
us.mg203.mail.yahoo.com / referral	14	1.57	00:01:09	78.57%	64.29%
avvo.com / referral	13	3.08	00:01:58	61.54%	53.85%
webmail.att.net / referral	13	1.62	00:00:39	100.00%	69.23%
causes.com / referral	12	1.33	00:00:54	100.00%	83.33%
mywebsearch.com / organic	12	3.58	00:03:22	91.67%	50.00%
albanylaw.edu / referral	11	1.64	00:01:33	81.82%	81.82%
bulletins.myspace.com / referral	11	1.91	00:00:54	100.00%	72.73%
court-martial.com / referral	11	4.00	00:02:38	90.91%	9.09%
feraljundi.com / referral	11	2.18	00:02:02	90.91%	63.64%
mail.google.com / referral	11	2.55	00:02:17	90.91%	36.36%
webmail.earthlink.net / referral	11	1.55	00:00:38	90.91%	63.64%
506infantry.org / referral	10	1.80	00:00:41	100.00%	60.00%
defensivecarry.com / referral	10	2.50	00:01:08	90.00%	70.00%
flayrah.com / referral	10	1.00	00:00:00	100.00%	100.00%
my.yahoo.com / referral	10	1.50	00:00:36	80.00%	70.00%
navyformoms.com / referral	9	1.11	00:00:09	100.00%	88.89%
propeller.com / referral	9	1.89	00:01:17	77.78%	77.78%
specialforcesassociation.org / referral	9	1.22	00:00:06	77.78%	77.78%
bloglines.com / referral	8	1.88	00:01:05	100.00%	37.50%
cafemom.com / referral	8	3.00	00:02:28	100.00%	50.00%
my.att.net / referral	8	2.00	00:01:10	75.00%	50.00%
resistnet.com / referral	8	4.38	00:03:55	87.50%	37.50%
asamom.ning.com / referral	7	2.29	00:01:39	57.14%	85.71%
canadafreepress.com / referral	7	1.14	00:00:01	100.00%	85.71%
m4carbine.net / referral	7	3.14	00:02:42	85.71%	28.57%



md30.embarq.synacor.com / referral	7	2.14	00:03:33	85.71%	57.14%
mybloglog.com / referral	7	2.71	00:03:36	85.71%	28.57%
oathkeepers.ning.com / referral	7	2.29	00:00:49	100.00%	42.86%
supporttheseals.org / referral	7	2.14	00:01:14	100.00%	57.14%
us.mc1107.mail.yahoo.com / referral	7	2.00	00:02:48	85.71%	42.86%
webmaila.juno.com / referral	7	1.43	00:00:11	85.71%	71.43%
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Additional ideas to consider:

Forums play a big role in SEO, but have lost a little of the spotlight due to sites like Facebook. Here are a couple legal-based forums that becoming an expert on may help drive traffic and awareness back to your site:

- <http://forum.freeadvice.com/military-law-92/>
- <http://www.expertlaw.com/forums/forumdisplay.php?f=314>
- <http://forums.about.com/ab-usmilitary>

We've also dug up a couple legal-specific social networks. Testing the waters on these will allow us to determine if they are worth pursuing further...

- <http://www.legalforce.com/>
- <http://www.lawyrs.net/>