

# How to Prepare and Submit Articles into Free Traffic System

Before you start reading this step-by-step guide about how to prepare and submit articles into Free Traffic System, we highly recommend you to **remember this** – please **prepare your article in advance in a notepad file**, so that when you are submitting this article into the system you simply copy&paste the necessary information into article submission form. We recommend doing that because some users are sitting for HOURS inside the members area preparing the article inside, and naturally the session times out.

So, get everything done BEFORE the submission, have this info in a notepad or Word or any other text file. And then simply paste this information into article submission form and choose the blogs where this article should be republished. This will **make sure the session does not expire and your article submission is successful**.

When we are preparing the articles for our clients (because many users hire us to create and submit articles into Free Traffic System for them – you can read more about this service here <http://www.freetrafficsystem.com/article-writing-and-submission/>) we have the article information prepared like this:

**Keyword1**

**Keyword2**

**Keyword 3** (this is available for PRO members only)

**Link1**

**Link2**

**Link3** (this is available for PRO members only)

**Article title**

**Article body** (with spin tags and link macroses – we will explain that later)

On the screenshot below you can see the way we store this info.

As you can see, with all this info being prepared – all you need is to copy this information from the file and paste it into necessary field of the web form for article submission inside Free Traffic System members area.

(you can see that the actual keywords and URLs are “erased”, because this is a real case article and we do not want to show you the real keywords, but in any case now you can see what exactly we mean when we say “prepare the article in advance in the notepad or other file and then copy&paste this information”)

```
File Edit Format View Help
keyword1
whol term life insurance
whol term life insurance quotes
whol term life insurance rates

keyword2
whol term life insurance
whol term life insurance quotes
whol term life insurance rates

keyword3
whol term life insurance
whol term life insurance policies
chr term life insurance

link1
http://www.term-life-insurance.com/the_important_points/2009/06/term-life.html

link2:
http://www.term-life-insurance.com/the_important_points/2009/06/term-life.html

link3:
http://www.term-life-insurance.com/the_important_points/2009/06/term-life.html

title:
Different Term Life Insurance Companies and [spin]How to|How You should[/sp

body:
Everyone should [spin]understand|comprehend[/spin] that it is always [spin]
That is the reason why it is [spin]essential|necessary|vital|important|cruc
ic|essential|fundamental[/spin] daily needs. Generally speaking, it simply
Talking more about this issue, there is a need to add that after you figure
```

## Ok, Once the Article is Prepared Time to Submit It into Free Traffic System

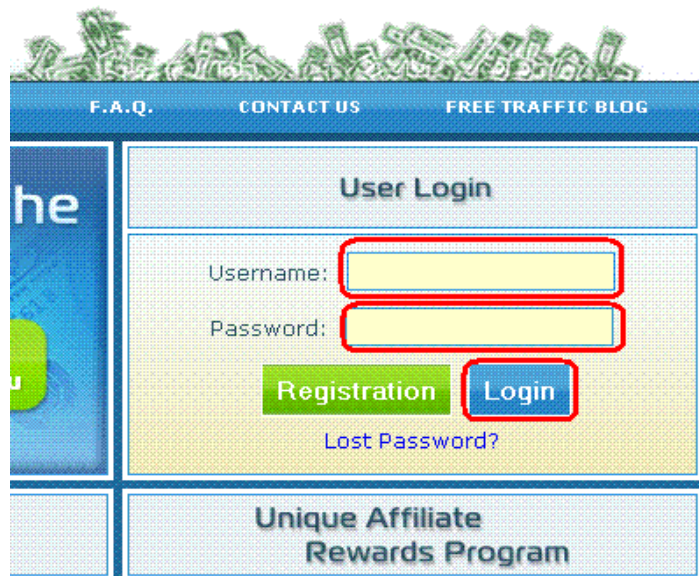
Now we are going to explain in details what and where to submit and how it is going to help you. Read this information attentively, because your success will depend a lot upon the understanding of WHAT you are doing and (even more important) WHY you are doing it.

### Step 1. Login to Free Traffic System members area.

!!! Open **Mozilla Firefox** or **Opera browser**; these browsers have proven to work very nicely with article submission (whereas Internet Explorer shows glitches and acts slow) !!!

Go to the <http://www.freetrafficsystem.com/> and in the right upper corner you will see a field to login inside Free Traffic System members area, where you will be submitting your articles so that our system republishes them on the blogs and thus builds backlinks for you.

Enter your username, password and click "Login" button – like shown on the screenshot below.



## **Step 2. Click NEW ARTICLE button in the navigation menu.**

At the top of the members area you will see horizontal navigational menu bar – please click NEW ARTICLE and you will get to the article submission page.

After you do that – you get to the page which has different web fields. Now you will be copying the information from the notepad file (the one you prepared in advance) and pasting this information into necessary web fields of the submission form.

## **Step 3. Entering the keywords.**

If you are a PRO member, you will see 3 keyword fields. If you are a FREE member – only 2 keyword fields. We give more keywords (and also links) to the PRO members, because they pay us money. You can read more about the advantages of becoming PRO member on this page <http://www.freetrafficsystem.com/overview/>

But in any case, no matter if you have 2 web fields for keywords or 3 web fields for keywords, you copy the information from the notepad file and paste it into the web form.

As you can see on the screenshot below you can put more than 1 keyword into each web field – we give you this opportunity, because thus you can diversify the anchor texts inside the backlinks that you build inside Free Traffic System – this will make your link building look more natural in the eyes of search engines.

NOTE – **keywords inside each web form are separated with enter breaks** (hit Enter button on your keyboard), not commas, not any other separators – only enter breaks! Otherwise your anchor texts will look like rubbish and you will junk your link building.

Keywords %KEYWORD1%: [Need keyword research help?](#)

```
free traffic
free traffic system
```

Keywords %KEYWORD2%: [Need keyword research help?](#)

```
web traffic
```

Keywords %KEYWORD3%: [Need keyword research help?](#)

```
free traffic
free traffic system
web traffic
```

And a final advice about keywords. Actually you can have unlimited number of keywords inside each field, but we recommend to have **not more than 3-4 keywords** for keyword1, for keyword2 and for keyword3 (if you are PRO). You see, when your article is republished on the blog our system RANDOMLY chooses the keywords from keyword1 and attaches them to link1, the same about keyword2 and link2, and about keyword3 and link3. So, if you put too many keywords into each of the web fields – then chances are very high that Free Traffic System will not even choose them, because there are too many of them and your article has only 30 publications (or 40 publications – if you are a PRO member).

## Step 4. Entering the URLs.

This is similar to entering the keywords and screenshot below shows it:

Links %LINK1%:

```
http://www.freetrafficsystem.com
```

Links %LINK2%:

```
http://www.freetrafficsystem.com
http://www.freetrafficsystem.com/overview/
```

Links %LINK3%:

```
http://www.freetrafficsystem.com
```

As you can see there are also 2 web fields for entering URLs for FREE members and 3 web fields for PRO members (the screenshot is made from inside the PRO members area).

You can also see that you can have more than 1 URL inside link1, link2 and link3 fields. This is done to diversify your link building and make search engines “see” that different pages of your site get backlinks – this is more natural for search engines and safer for your SEO.

And also you see that URLs inside each form are separated with enter breaks (not commas, not any other separators).

## Step 5. Entering the article title.

Basically it is simple – copy and paste from the notepad file. The only special requirement that we have for article title is that we highly recommend you to spin your article title.

In simple words, spinning help to create lots of versions out of one piece of text. We explain in details how spinning works in this video – <http://www.freetrafficsystem.com/free-traffic-system-spinning-video/>

Why creating different versions of my article title? Because in Free Traffic System your article is republished on 30 blogs (if you are a FREE member) or on 40 blogs (if you are PRO). And now imagine what search engines might think about one and the same article, with the same title, being republished on many blogs. This can look unnatural! And this can seriously lower the SEO value of your backlinks.

So, let’s say you submitted this title into the Article Title field:

[spin]Read|Find Out[/spin] More About [spin]Building|Getting[/spin] Targeted  
[spin]Traffic|Visitors[/spin] to Your [spin]Site|Website[/spin]

Then if you **click the “Check” button** like shown on the screenshot below:



... you will see that, based on your spinning, Free Traffic System can generate 16 different article titles that will be used by the system when the article is republished on the blogs inside the system.

By the way, always make sure to click “Check” button to preview the titles. If you see that titles are not readable or you see spin tags on the preview – it means you made a mistake with spinning.

On the preview article titles must look like a candy. This is exactly the way they will look on the blogs of real people. That is why if you do not click “Check” and submit an article with mistake in this title, this article (because of ugly title “looks”) will be deleted by the blog owners – they do not want junk on their blogs.

**So, take care of what you are submitting. Otherwise your articles will get deleted**, you will get no backlinks and that would mean you have wasted your time on article submission.

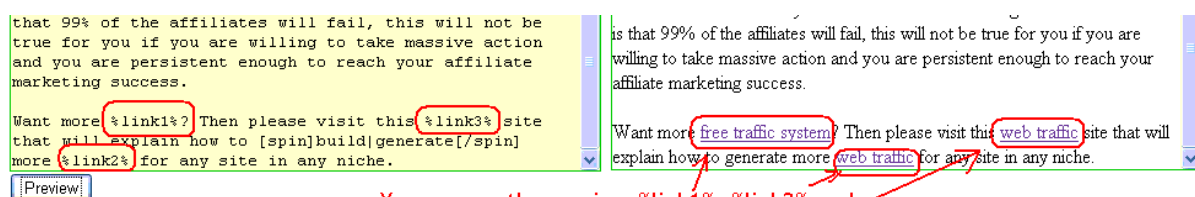
Note: while we highly recommend to spin the titles, we want to make it clear that doing “too much” spinning is not the best thing. It is more than enough if your spun article title is converted by the system into 40 different titles. You don’t need to create hundreds or thousands of version – because no one needs that and it would be a pointless use of efforts on EXTRA-spinning. So, 40 text versions of the title is absolutely enough.

You can **SERIOUSLY save time on article spinning** [with the help of this tool](#) created and supported by one of the Free Traffic System users.

## Step 6. Entering the article body.

With article body it is pretty much the same as with title. You copy the spun body and paste it into the Article Body web fields of the submission form. But there are some important nuances that you should know about.

First of all, **don’t try to insert urls with <a href ...> into the article body**. Free Traffic System does not read them. **Only macroses %link1%, %link2% and %link3%** - after being inserted into the article body – **will turn into the hyperlinks** (like you can see on the screenshot below):



**You see, on the preview %link1%, %link2% and %link3% turn into real hyperlinks!**

So, what you should do is insert into the text of the article body special macroses - %link1% and %link2% (and %link3% if you are PRO member). If you click Preview button at the bottom of Article body field, you can see that these macroses turn into real hyperlinks.

Free Traffic System randomly chooses one of the keywords from Keyword1, attaches it to one of the URLs from Link1 field and creates a hyperlink inside the article body where %link1% is inserted into the text. The same is happening with %link2% (and %link3% if you are PRO member).

Any URLs or html code like <a href...> will be converted into simple text.

Another important issue to know about the article is the following – **your article must be 450 words or more**. When we say 450+ words we mean the article body WITHOUT spin tags and text versions inside the spin tags.

Note: if you are PRO member, as an option, you are allowed to submit articles between 300-450 words, BUT in these articles you get 1 link less. Instead of the 3 backlinks (like PROs are getting with 450+ words articles) you can use only 2 backlinks inside the article body which is 300-450 words.

Finally – **make your article body look attractive**. Click Preview and check how it works. Make sure there are no stupid sudden breaks of sentences (which usually happens when you copy and paste article from the file with autoformatting or “word wrap”). Also make sure each paragraph is separated with space, because sometimes people submit articles where the paragraphs stick to each other, looking very clumsy and awkward.

If on the Preview your article body looks ugly (and Preview shows how exactly your publication will look in real life) – then chances are pretty high that blog owners will delete your posts together with your backlinks. No one wants junky looking, unformatted, ugly texts to be published on their blogs!

So, it is in your interest to make sure article looks nice on the Preview, before you make the next step in the article submission.

Once again, we want to remind that if you want to **highly automate your article body spinning** - [use this tool](#) created and supported by one of the Free Traffic System users.

## Step 7. Entering the tag(s).

Tags are very important, because they help you to get extra backlinks from every article you submit.

When you enter 1 tag (for FREE members) or up to 5 tags (for PRO members) into the web field like shown below...

Preview

Enter keywords separated by comma (like this: keyword one,keyword two,keyword three). 5 ta

Tags: free traffic,web traffic,traffic for website,website traffic,targeted traffic

Use | to search for several keywords instantly. For example financemoneyloan will search fr

... then on the blog (where your article is republished) a tag page is created automatically on this blog. And this means an extra page with your backlinks.

For FREE users this can increase link building 2 times, and for PRO members – up to 5 times, because they are allowed to use 5 tags.

Important: if you are a PRO user, then pay special attention to the format of the text – they go like this:

keyword 1,keyword 2,keyword 3,keyword 4, keyword 5

**No space after the comma!** Spaces are allowed between the words inside the keyword, but after a comma (which separates different keywords) there is no space.

## Step 8. Choosing the blogs for republishing your article.

Now we came to the most “lucrative” part of the submission – you are choosing the blogs where your article will be republished. From these blogs your article will bring you backlinks, that is why take this step seriously – if you choose irrelevant blogs, then don’t get surprised why the blog owners are deleting your articles and you are losing the backlinks.

To start selecting blogs you need to submit into “Input Keyword” the keywords from your niche. In the example below we are submitting the keyword for the article about traffic, that is why all keywords are traffic-related. Note that keywords are separated with vertical line (this one |).

Use | to search for several keywords instantly. For example **finance|money|loan** will

Input Keyword:

Click “Get Blogs” button, Free Traffic System will search its whole base of blogs and will show you the list where ANY of the keywords is either in the title of the blog or in one of the categories of the blog.

	<b>Blog(Categories)</b>
	<b>A Blog for Everything   Articles of Interest</b>
<input type="checkbox"/>	Website Traffic
<input type="checkbox"/>	Increasing Website Traffic
<input type="checkbox"/>	Free Traffic Sites
	<b>Affiliate Marketing</b>
<input type="checkbox"/>	Traffic
	<b>Affiliate Marketing, have you done enough to succeed online?</b>
<input type="checkbox"/>	Traffic Exchange
<input type="checkbox"/>	Traffic Generation
	<b>Affiliate Program Reviews</b>
<input type="checkbox"/>	Traffic Generation

And you simply tick the checkboxes of the categories that are relevant to the topic of your article.

There are some important rules about blog choice.

- You can choose **only 1 category from any blog**; 2 or more categories from the same blog are prohibited.

- **PRO members** can choose up to **40 blogs** for republishing one article, **FREEs** can choose **only 30 blogs**.

- If any time you tick and untick a checkbox it takes huge time for the system to respond, it means you did not listen to our advice (Step 1 of this guide) and use Internet Explorer. You see, every time you tick/untick a checkbox Free Traffic System is doing calculations whether you have exceeded the blog limit or have chosen 2 categories from the same blog – in other words, our system is doing a “fool proof” job. For Mozilla Firefox and Opera this is not a problem. But for some reason Internet Explorer is VERY SLOW is responding to these simple calculations. That is why, once again, **we highly recommend to use Mozilla Firefox or Opera for article submission in Free Traffic System!**

Once all blogs are chosen – click “Submit” button like shown below:

get FREE content and **+7% more bonus backlinks!**

Submit

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If you did everything correctly, you will be redirected to a page which informs that your article is submitted and is pending moderation. You can track the “destiny” of your articles on the STATS page of the members area – and see whether an article is pending, approved or declined.

### »View Stats

Watch how Stats page works [in this video](#).

Show Posts

Show Posts Articles

Show My Posts

Pages [1] 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

Blog▲ ▼	BlogCategory▲ ▼	Titl
Resume - Useful Job Hunting Tips	Education	A F Lea Inte

To do that go to STATS page and in the dropdown menu choose Articles – this will show you all articles and their current status.

Once the article is approved, it will start its republishing with the speed of 3-4 posts/blogs per day – this publication speed is chosen for SEO safety reasons.

**For more tips about  
how to prepare and submit article  
watch this video**

**<http://www.freetrafficsystem.com/submit-article-video/>**

*Have a nice link building!*

*With best wishes,  
FreeTrafficSystem.com team.*