

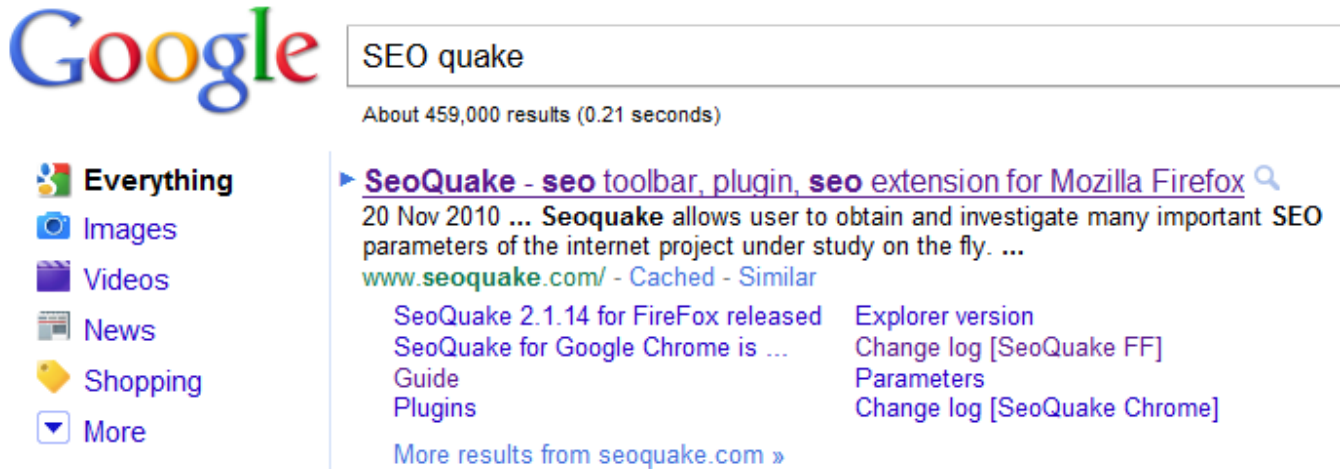
Method #1

Forum Posting Backlinking

By Johnny Wang

STEP 1

Go to Google to search “SEO Quake”.



STEP 2

Install SEO Quake in your Firefox browser, if you do not have Firefox browser, [click here to download it](#).

The image shows the SeoQuake official homepage. At the top is a green banner with the "SeoQuake" logo on the left and "SeoQuake official homepage" on the right. Below the logo is a "Click here to install SeoQuake" link. On the right of the banner is a "Follow us on twitter" link with a Twitter bird icon. Below the banner, there is a text box on the left describing Seoquake as a powerful tool for Mozilla Firefox, aimed at helping web masters with search engine optimization and internet promotion. It mentions that Seoquake allows users to obtain and investigate many important SEO parameters of the internet project under study on the fly. Below this text is a note that Project Seoquake is being constantly polished and enhanced, and that all SERP changes are tracked down and taken into account, advising users to update their version regularly. On the right, there is a section with a "Last updated: 20 November 2010, Version: 2.6.8" note. Below this are two green buttons: "Install SeoQuake now!" and "Install SeoQuake from Mozilla.org". Below these buttons is a statement: "SeoQuake was tested for security and approved by Mozilla.org". At the bottom right, there is a green button with the Chrome logo and the text "Try new SeoQuake for Google Chrome!" with a right arrow icon.

By Johnny Wang

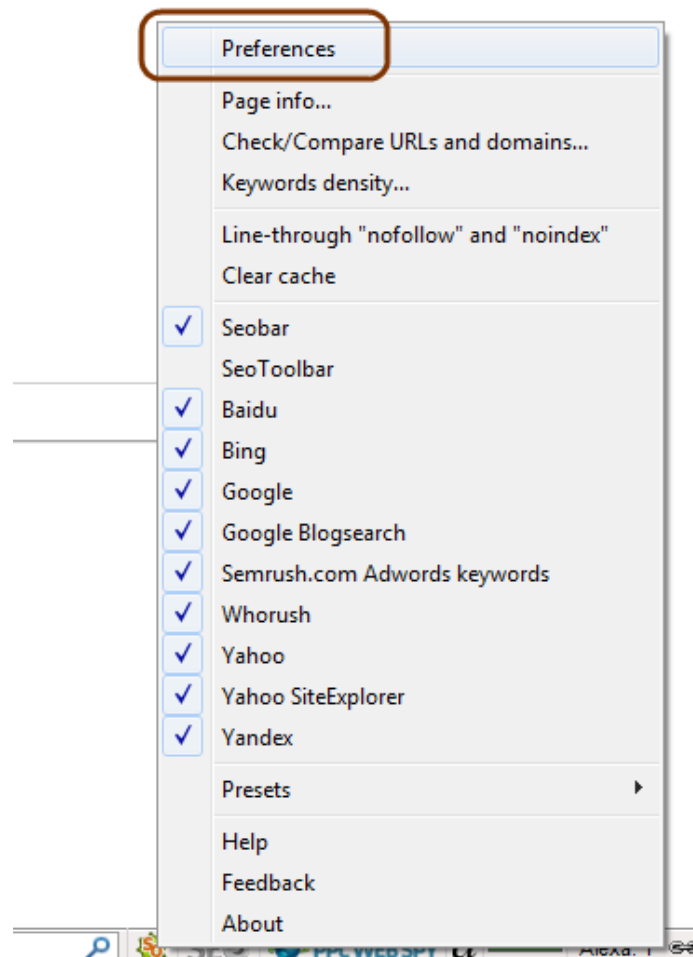
STEP 3

After you installing SEO Quake, you'll see a little icon in the bottom of your Firefox browser. Click once to activate it, the 'SQ' icon as shown below will turn on. Click one more time to deactivate it.



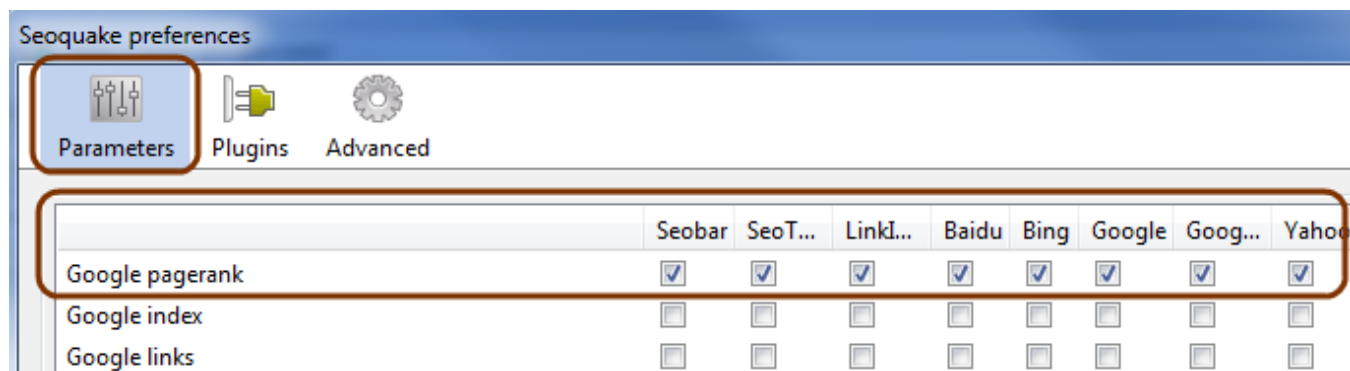
STEP 4

Right click SeoQuake icon in the bottom of Firefox browser and click preferences.



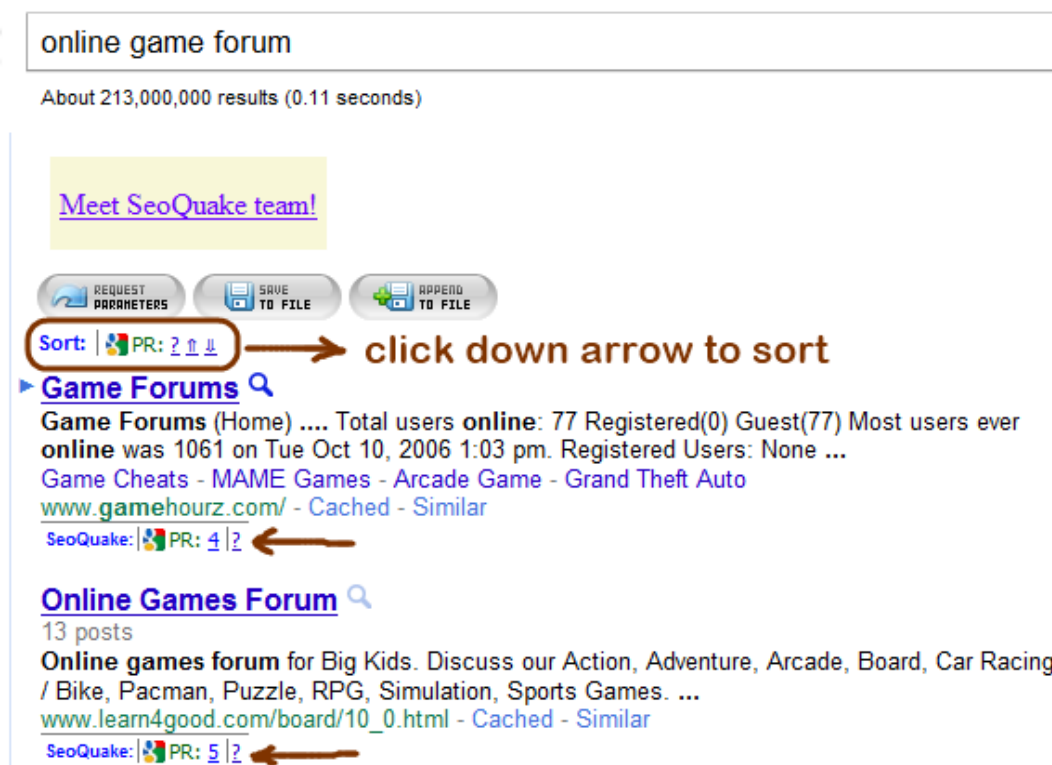
By Johnny Wang

Then, click 'Parameters' and tick 'Google pagerank' only for all selection as shown below and click save and then okay.



STEP 5

Open Firefox browser and go to Google, don't forget to turn on SeoQuake! Type in "keyword + forum" and do a Google search. For example, type in "online game forum" and perform a search. The search result will be like below photo, you'll see other information provided by SeoQuake with PR for each page result. Then, click the down arrow to sort search results. SeoQuake will sort from high PR to low PR.



By Johnny Wang

STEP 6

Click one of the result and look for posts with replies that have signatures, if no signatures are allowed, go check the next forum until you find a forum that are allowed to write a post with signature.

Anonymous	Posted: 2009-01-26 11:28:25 its a cool game
Anonymous	Posted: 2009-02-10 19:58:50 probably the worst computer iv ever played against
justinsaville	Posted: 2009-02-23 14:39:42 kool
muskoka	Posted: 2009-03-03 12:42:51 I'm getting a big head. I'm always winning. Is this chess game designed to make us feel like a genius? Comments? no signatures allowed Muskoka

12-23-2010, 11:06 PM

Darkspine
Cingal's Collar



Join Date: Aug 2006
Location: Cyberspace?
Posts: 1,575
Reputation: 21

ign: Crybutter
(subbing soon) **indication of signature allowed**
<http://www.youtube.com/user/ONRPGDarkspine>

XFIRE <http://profile.xfire.com/alemiayplays>

Name:	alemiayplays (alemiayplays)	
Status:	Offline	
This Week:	✓ RuneScape	26 hours
All Time:	League of Legends	73 hours

Runescape: ign: crybutter (member)
hit me up if you need anything. 😊
RS clan: ONRPG

By Johnny Wang

STEP 7

Create a Gmail or Yahoo mail account (Gmail recommend) and register in that forum.

STEP 8

After your finish registration, please check your email to see a message from that forum for activation. Most forums will need you to activate the account before you could actually start posting on that forum. Each forum will have different email, but they are all in a similar format.

Hi [REDACTED]:

Using [REDACTED] and on December 28, 2010, you requested subscription to the GameHourz.com Newsletter. Please verify your subscription by following the instructions below.

CONFIRM BY VISITING THE LINK BELOW:

click to activate your account

<http://www.aweber.com/z/c/?zzsrzs3czi6shmu6xi6xs45ralj0xva23cpralj=9392>

Click the link above to give us permission to send you information. It's fast and easy! If you cannot click the full URL above, please copy and paste it into your web browser.

By Johnny Wang

STEP 9

Login the forum and look for User Control Panel, User CP or profile to add the links in that profile. Build a link in the **homepage URL box** and two links in **Signature settings**. See below pictures.

The screenshot shows the 'Edit Your Details' page for user 'LeoLambert'. The left sidebar contains a 'Your Control Panel' menu with options like 'Your Profile', 'Edit Your Details', 'Networking', 'Settings & Options', 'Private Messages', 'Subscribed Threads', and 'Miscellaneous'. The 'Edit Signature' option is highlighted with a red box and an arrow. The main content area has sections for 'Registration Required Information', 'Optional Information', and 'Home Page URL'. The 'Home Page URL' section has a text box labeled 'put a link here' with a red box around it.

In homepage URL box, you could normally just put a hyperlink there, i.e., <http://www.yourwebsite.com> or a webpage there, <http://www.yourwebsite.com/page1>. (Do NOT always just build links to main domain, alternating different web pages links is a MUST) And for the links in Signature setting, you'll normally need a HTML code anchor text linking or a BB code linking. The codes are as below:

- HTML Code backlinking:

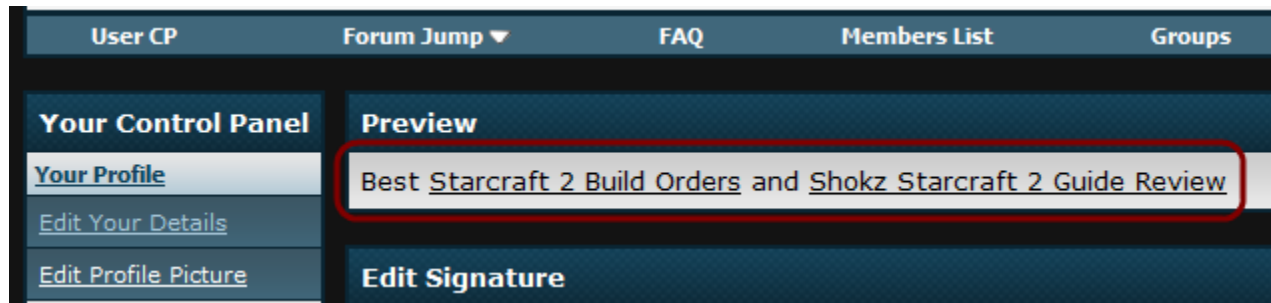
```
<a href="http://www.yourwebsite.com/page1">your keyword</a>
```

- BB Code backlinking:

```
[url=http://www.yourwebsite.com/page1]your keyword[/url]
```

By Johnny Wang

The red color texts are the ones that you will use to build your backlinks. After you finishing edit your signature, you could hit the preview button (Note: not each form will have a preview function, so please key in the right code and keywords you need). You'll see below preview picture showing that two links (texts underlined) has been added in the signature area.



STEP 10

Once you finish the profile editing. Go to Google and hit advanced search in the right side of the search box. Type '**reply**' or '**comment**' or '**threds**' in all these words box and select '**100 results**' in the Results per page box. Finally, key in the '**forum website URL**' you just create a profile in Search within a site or domain, and then click 'Advanced Search'. **(Remember to turn on your SeoQuake before you hit advanced search)**

A screenshot of the Google Advanced Search interface. At the top, the search site is set to 'reply site:www.onrpg.com/boards/'. Under 'Find web pages that have...', the 'all these words' box contains 'reply'. The 'Results per page' dropdown is set to '100 results'. The 'Search within a site or domain' box contains 'www.onrpg.com/boards/'. Other options like 'Reading level', 'Language', and 'File type' are set to default values. A red rectangle highlights the 'all these words' box, the 'Results per page' dropdown, and the 'Search within a site or domain' box. At the bottom right is an 'Advanced Search' button.

By Johnny Wang

You'll see a search result like below, then click the SeoQuake down arrow to sort results.



Sort:  PR:  

► [Log in problems for netgame site - Cloud Nine - OnRPG Free MMORPG ...](#) 

3 posts - 3 authors - Last post: 18 Dec 2009
Netgame actually replied to my email but it was a useless kind of **reply** - they didn't say anything about the error, they just linked me to a ...
[www.onrpg.com](#) › ... › [Upcoming Games](#) › [Cloud Nine](#) - [Cached](#) - [Similar](#)
SeoQuake:  PR: 

[OnRPG Free MMORPG Forums - View Profile: lasthero](#) 

23 Dec 2010 ... trumpet gun rawks ur sawks!! oh and i wont be able to see your **reply** because you're replying on your member page, to **reply** others you have ...
[www.onrpg.com](#) › [OnRPG Free MMORPG Forums](#) › [Members List](#) - [Cached](#)
SeoQuake:  PR: 

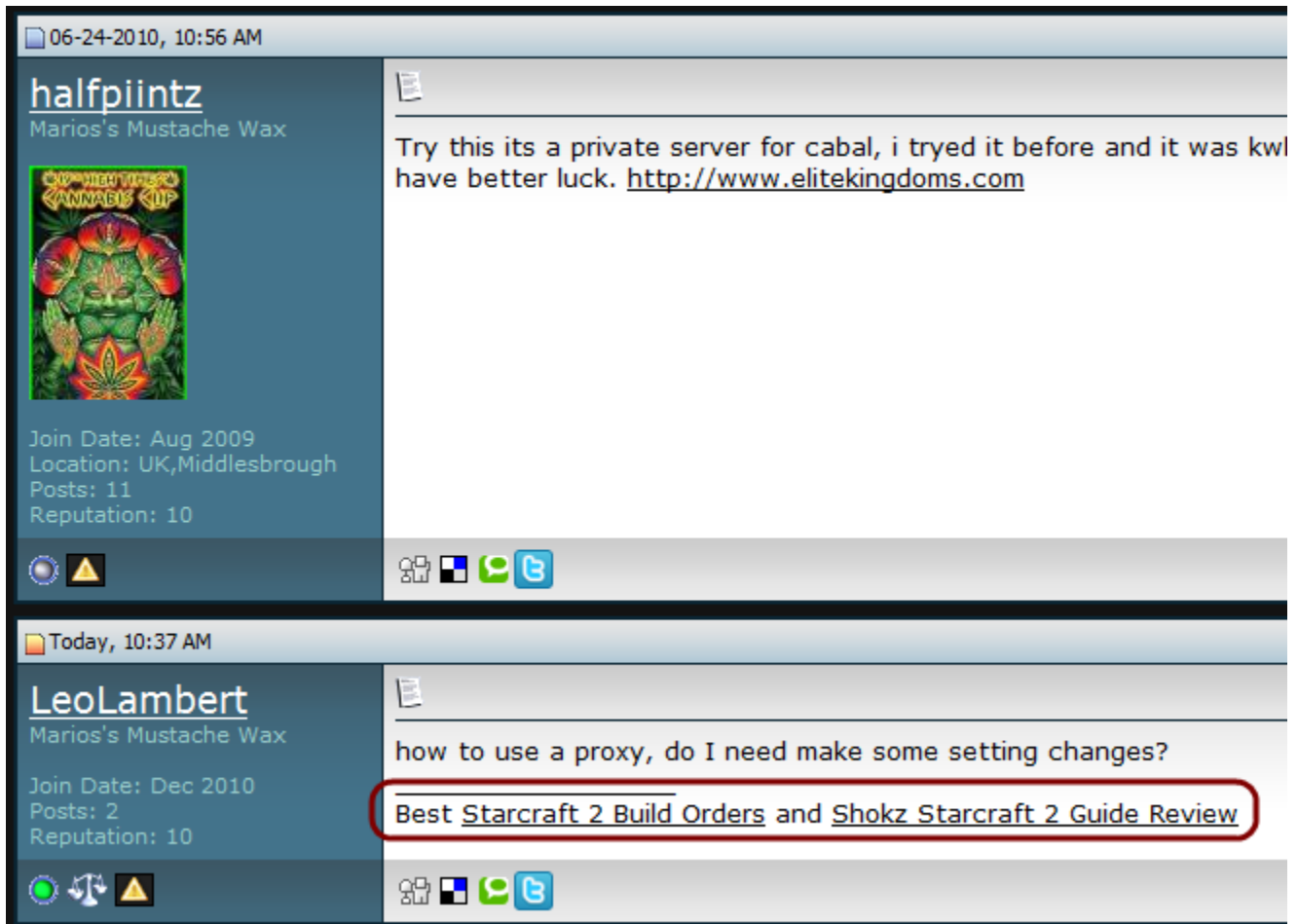
[Cabal in New Zealand - Cabal Online - OnRPG Free MMORPG Forums](#) 

10 posts - 8 authors - Last post: 23 Sep 2008
so you can download canada/usa version and play it in New Zealand please someone **reply** and tell me if i can. SKY THE REAPER is offline ...
[www.onrpg.com](#) › ... › [Online Games](#) › [Cabal Online](#) - [Cached](#) - [Similar](#)
SeoQuake:  PR: 

Click the high PR search result to get in the forum and start to read through the thread and make a related and useful post.

By Johnny Wang

After you successfully finishing the post, you should see your signature under your post as shown below:



Try to find as high PR as you could, sometimes, you will see PR is 0 or n/a. It's okay to build backlinks to these pages.

Repeat Step1-10 and build different keyword backlinks in different forums you find.

Method #2

Blog Commenting Backlinking

By Johnny Wang

STEP 1

Turn on SeoQuake and go to Google to search the following text strings. You have to change the red color “keyword” to the keywords you want to target. For example, “health” or “games”.

“**keyword**” “powered by wordpress” “post a comment” -“comments are closed”



“online game” “powered by wordpress” “post a comment” -“cor

[Advanced Search](#)
[Language Tools](#)

Google Search

I'm Feeling Lucky

STEP 2

Click Google Search to see the search results and sort them by clicking SeoQuake down arrow. Here, the keyword is “online game”:

By Johnny Wang



Sort: | PR: 2 |

[Chinese **Online Game** Developer The9 Invests \\$20M In Red 5 Studios](#)

22 Mar 2010 ... The9, an **online game** developer and operator in China, has acquired ... I **post a comment** that this story is: ... **Powered by WordPress.com** VIP ...

techcrunch.com/2010/03/22/the9-red-5/ - **Cached**

SeoQuake: | PR: 6 | 2

[ITV's The Colour of Money **Online Game** | matmi.blog](#)

16 Apr 2009 ... Leave a Reply. You must be logged in to **post a comment**. matmi:blog is proudly **powered by WordPress** · Entries (RSS) and Comments (RSS).

www.matmi.com/.../itvs-the-colour-of-money-online-game - **Cached** - **Similar**

SeoQuake: | PR: 2 | 2

[Barclays **Online Game** Prepares Young Consumers | Cashcow.in](#)

3 Sep 2010 ... Barclays has recently innovated an **online game** to connect to this demographic. Teaching money management in an ... **Post a Comment**. Name (required) ... Cashcow.in is **powered by WordPress**. Template designed by Bob. ...

www.cashcow.in/?p=1499 - **Cached**

SeoQuake: | PR: 0 | 2

STEP 3

Open each high PR page, here, we have PR:6 and PR:2. Click them and read through the post and make a quick related post.

If we click the first link and scroll down to the very bottom of the page. We'll find a place to post comment looking like below:

By Johnny Wang

Real-time updating is **enabled**. (Pause)

Add New Comment

Optional: Login below.

 DISQUS  Connect  Twitter

Type your comment here.

Post as ...

STEP 4

Different websites will have different comment post system. In this website, you could register an account in either DISQUS, Facebook or Twitter. In this example, I'll pick DISQUS. After registering, you'll have to edit the profile page and put the required keyword and links in the necessary areas as below photo:

By Johnny Wang

Edit your profile Close

Profile

Avatar

Services

Notifications

Account

Information

Full Name **put keyword here** SC2 Shokz Guide

Website **put link here** http://beststarcraft2tactics.com/john-green

Location

Short Bio

Save Changes

STEP 5

After you finishing it, leave a related post and hit submit.

Like Reply

Replying to Anjjuneja

 **SC2 Shokz Guide** [\(edit profile\)](#) Logout

It's good to see someone in Asia could compete with major dominators in Europe or USA.

Cancel Post as SC2 Shokz Guide

By Johnny Wang

After you submitting the comment, you'll see the comment has successfully being posted. If you move mouse in the anchor text 'SC2 Shokz Guide', you will see the backlinking showing in the browser's status bar as below:



Most of the blog/websites comment system will look like below, just put 'keyword' in the name field and link in the website field to build a backlink.

No comments yet.

Leave a comment

Name (required)

starcraft 2 tactics

put keyword here

Mail (will not be published) (required)

starcraft2tactics@gmail.com

Website

http://beststarcraft2tactics.com/shokz-starcraft-2-guide-revie

put backlinking URL here

Comment

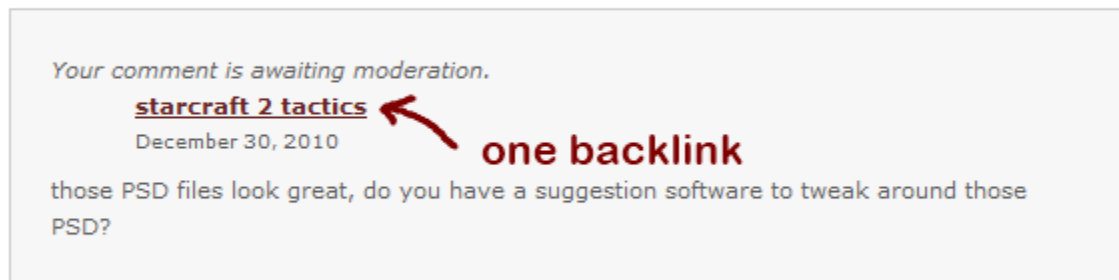
those PSD files look great, do you have a suggestion
software to tweak around those PSD?

Submit Comment

By Johnny Wang

After you submit comment, you shall see the comments you just did. Some of your comments may not be shown immediately and they will need the blog owners to approve it. **So, a useful and non-spam comment is a MUST.**

No Comments to *Blizzard Releases "Fansite Kit Update" for Starcraft II*



Leave a comment

For some blogs and websites, you will have to register and log in to comment, this will be link registering a forum. It's easy.

STEP 6

Repeat **Step 1-5** with different text strings provided below:

"keyword" "powered by wordpress" "post a comment" -"comments are closed"
site:.edu

"keyword" "powered by wordpress" "post a comment" -"comments are closed"
site:.gov

"keyword" "powered by movable type" "post a comment" -"comments are closed"

"keyword" "powered by movable type" "post a comment" -"comments are closed"
site:.edu

"keyword" "powered by movable type" "post a comment" -"comments are closed"
site:.gov

"keywords" "powered by blogengine.NET" inurl:blog "post a comment" -"comments closed" -"you must be logged in"

By Johnny Wang

"keyword" inurl:blog " "post a comment" -"comments are closed" -"you must be logged in"

"keyword" inurl:blog " "post a comment" -"comments are closed" -"you must be logged in" site:.edu

"keyword" inurl:blog " "post a comment" -"comments are closed" -"you must be logged in" site:.gov

Sometimes it might be hard to find the related links, but keep doing in different keywords, and you'll find the right the right sites to build backlinks.

Method #3

.edu or .gov Backlinking

By Johnny Wang

STEP 1

Go to Google to search “Traffic Travis” and install the FREE version program or you could [click here to download and install it](#).



The advertisement for Traffic Travis software features a green header with the logo and the text "FREE SEO & PPC SOFTWARE". On the right, it says "Need Help? support@traffictravis.com". Below the header, a cartoon character of a man with glasses and a red jacket points towards the text. The main headline reads "The EXACT Software the SEO Professionals use to Rank Website like YOURS". Below this, it says "With Traffic Travis you will..." followed by three bullet points: "Find out why competitors outrank you... then beat them!", "Uncover simple mistakes you are making on your website... then fix them!", and "Build quality links to your website with ease... saving you time & money!". A green button with a download icon and the text "DOWNLOAD FREE" is prominently displayed. Below the button, it says "Trusted by Over 150,000 Webmasters!". To the right, there is a quote: "an impressive collection of data, we highly recommend" and a CNET Editors' Review with five stars.

STEP 2

Open Traffic Travis and look for SEO Analysis and click [analyze keyword](#).



STEP 3

Open Traffic Travis and under the ‘Phrase to Analyze’ enter your keyword (you could look for ‘product name + review’ to be the keyword), and click the ‘Analyze’ button. (Tips: try to find

By Johnny Wang

hot products on [Clickbank](#) and use its 'name + review' or 'name+scam' as the keywords). For example, we will put "pregnancy miracle review" in the 'phrase to analyze' field.

STEP 4

When Traffic Travis finishes analyzing, you will see the result as below:

Phrase to Analyze

Search Location

Analyze Top

Difficulty Rating

Search Engine Competition

pregnancy miracle review

United States

20 results

Analyze

Save report

Medium Difficulty

1,340,000

7,570,000

Rank	Website	PR	Age	BL	BLS	TBL	DMOZ	YAHD	Title	Desc	H1 Tag	GCA	CEXT
1	http://www.howtogetpregnanttip.com/Pregnancy-Miracle-Review-Does-It-Really-Work/	0	0	560	752	6	✗	✗	✓	✓	✓	4	430
2	http://getpregnant101.org/pregnancy-miracle-review/	0	0	425	912	5	✗	✗	✓	✗	✓	11	234
3	http://pregnancymiradereview.org/	2	0	281	1007	6	✗	✗	✗	✗	✗	4	162
4	http://www.artidesbase.com/pregnancy-articles/pregnancy-miracle-review-Does-It-Really-Work/	3	5	2230	3401269	0	✓	✗	✗	✗	✗	4	2010
5	http://www.betterpregnancyguide.com/review-of-pregnancy-miracle-review-Does-It-Really-Work/	1	0	69	80	0	✗	✗	✓	✗	✓	15	59
6	http://www.pregnancymiradescamreview.net/	0	0	114	114	1	✗	✗	✗	✗	✗	14	44
7	http://www.prlog.org/10629735-pregnancy-miracle-review-Does-It-Really-Work/	1	0	89	853388	0	✗	✗	✓	✓	✓	4	76
8	http://www.howcanigetpregnant.org/pregnancy-miracle-lisa-olsen-review-Does-It-Really-Work/	2	0	729	1040	0	✗	✗	✗	✗	✗	5	685
9	http://pregnancymiradebook.org/	0	0	193	194	0	✗	✗	✗	✗	✗	6	105
10	http://www.pregnancymiradebookreview.com/pregnancy-miracle-review-Does-It-Really-Work/	2	0	33	629	0	✗	✗	✗	✗	✓	5	25
11	http://article-board.com/pregnancy-miracle-reviews-scam/	0	0	28	5655	0	✗	✗	✓	✗	✓	5	23
12	http://digitalproductweb.com/pregnancy-miracle-review/	0	0	39	4649	0	✗	✗	✓	✓	✓	5	27
13	http://goartides.com/article/Pregnancy-Miracle-Review-Does-It-Really-Work/	0	0	0	979404	0	✓	✗	✓	✓	✓	6	0
14	http://www.pregnancymiradeworld.com/	2	0	735	735	1	✗	?	✗	✗	✗	1	346
15	http://pregnancymiraderevealed.com/	0	0	248	305	0	✗	✗	✓	✗	✗	13	184
16	http://hubpages.com/hub/Pregnancy-Miracle-Review-Does-It-Really-Work/	1	9	1810	2650306	0	✓	✗	✓	✗	✓	6	1690
17	http://ipregnancymiradereview.com/	0	0	106	110	0	✗	✗	✓	✗	✗	10	35

Look for webpage that has the 'TBL' indication, this 'TBL' means that that certain webpage has build either .edu or .gov backlinks in that certain webpage or website. For example: rank 1

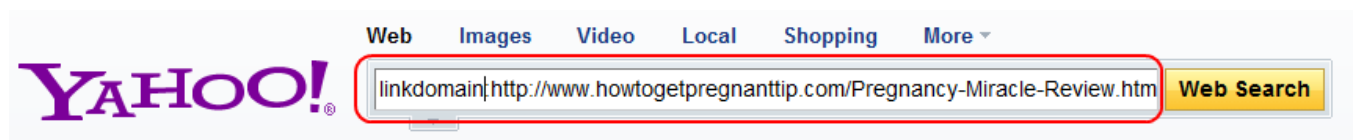
By Johnny Wang

page: <http://www.howtogetpregnanttip.com/Pregnancy-Miracle-Review.html> has 6 .edu or .gov backlinks.

STEP 5

Go to Yahoo! Search and type below code in the search box: (change different webpage for different result, and change .edu to .gov to look for .gov backlinking results)

linkdomain: www.howtogetpregnanttip.com/Pregnancy-Miracle-Review.html -site:
www.howtogetpregnanttip.com/Pregnancy-Miracle-Review.html inurl:.edu



And REMEMBER to open SEOQuake and then click 'Web Search'

STEP 6

You will see the result and sort them with SEOQuake, and start to build BLs from those search results. This the step 5 string and change .edu to .gov to find .gov backlinking sites to build backlinks.

By Johnny Wang

 Request all  Copy to clipboard  View as csv  Save



[UA Color Guard :: Memberlist](#) 英 - 中文翻譯

... Register • Search • FAQ • Memberlist • Usergroups • Log in UA Color Guard Forum Index "

Memberlist The time now is Thu Jan 20, 2011 2:59 am Memberlist Username Email Location

Joined Posts ...

 web.cfa.arizona.edu/colorguard/phpBB2/memberlist.php?mode=joined&... - 庫存頁面 - 更多

此站結果



[觀看會員資料 會員: reviews8](#)

... 0 (0 /每天) 會員群組: Newbie Karma: 0 註冊日期: 十二月 03, 2010, 10:03:23 下午 最後上線: 一

月 18, 2011, 05:03:14 下午 ICQ 號碼: AIM 帳號: MSN 帳號: 奇摩即時通: 電子郵件: 隱藏 個人網站:

Pregnancy Miracle ...

 scicomp.math.ntu.edu.tw/smf/index.php?action=profile;u=2254 - 更多此站結果



[Looking for e-tention | MagNet](#) 英 - 中文翻譯

... rise ozone <http://www.american.edu> <http://auphr.org> <http://mapscroll.blogspot.com> down

<http://www.huffingtonpost.com> jadelynpyl Says: May 8th, 2010 at 6:21 pm ...

 blog.jrn.columbia.edu/site/stivers/2009/05/12/... - 734k - 更多此站結果



[Support Forums: Duplex Printing...](#) 英 - 中文翻譯

... We can save paper by setting the default print drivers in the student computer labs to print

duplex (double-sided) by default. You would still have the ability to select single sided. ...

 cougar.wou.edu/jive4/thread.jspa?messageID=44022 - 729k - 更多此站結果



By Johnny Wang

Method #4

Profile Backlinking

By Johnny Wang

STEP 1

Set up a free yahoo or google email address, which you will use as your contact address when registering for profiles.

STEP 2

Click on the links of below profile backlinking URLs and then register. When you register, try to include as much information as possible so that it looks natural.

Include name, date of birth, address, profile picture, biography, hobbies and interests, occupation etc. You can use roboform (download it for free), so that these fields are automatically filled out without you typing them out each time.

STEP 3

Once you have registered you should receive an email which you will open to activate your account. Please note that some forum allow you to register without receiving an activation email.

STEP 4

When you have activated the account you should then leave it for at least a week before you place your links!!!!(This is important otherwise the account moderator for the forum may well delete your account.

STEP 5

After you have left your account for a week you can then place the links to your website in the following places; the signature, home page/URL/website(if available), or an open field such as the 'about me' section.

Some of the sections will have a WYSIWYG editor but others you will have to use:

html code:

```
<a href="http://linkpackage.com">your keyword</a>
```

By Johnny Wang

or ...

BB code:

[url=http://www.linkpackage.com]your keyword[/url].

BE SURE TO CHECK YOUR LINKS WORKS!

Remember each forum can vary slightly, so you may have to play around to find the correct place where you can place your link that is visible to non-members and other forum users.

Be sure not to put more than three links in your profile otherwise it looks obvious to the forum moderators. !!!!!

STEP 6

Finally when you have put in your links you need to find the public view of your profile. To find the public view go to the forum homepage, scroll to the bottom of the index page of the forum while logged in, and there should be a list of online members.

If you click on your username you should be sent to the public view. Some forums however work differently in which case you should go to your normal view of your profile which allows you to edit, then copy the numbers at the end of the url.

Once you have done that, find another users profile (by looking for comments or a blog post etc) and then delete their number and paste your own at the end of their profile url, which will allow you to see the public view of your profile.

STEP 7

Copy the public profile URL and record on a spread sheet.

Note: make sure that you watch the video on getting your links indexed, to ensure you are maximising the chance of your links getting found by Google.

Links to Forums:

1) <http://www.alomusic.com/forum/index.php>

Links can be placed in the signature field and Home Page URL.

By Johnny Wang

2) <http://www.teamster.net/index.php>

Links can be placed in the signature field

3) <http://hprealm.conforums.com/>

Links can be place in the signature field and Home page URL.

4) <http://myanimelist.net>

Place links in 'About me' section.

5) <http://forums.macnn.com/>

Links can be placed in the signature field and Home Page URL.

6) <http://www.trap17.com/forums>

Links can be placed in the signature field and Your website url.

7) <http://ubuntuforums.org/>

Links can be placed in the signature field and Home Page URL.

8) <http://www.bollywoodblitz.com/forum/index.php>

Links can be placed in the Home Page URL.

9) <http://hostmonsterforum.com/>

Links can be placed in the signature field and Home Page URL.

10) <http://caracommunity.com>

Links can be placed in personal information which gives you a field to drop three different links under the title of 'website'.

11) <http://ryze.com/>

Place links in Personal 'home page content' field.

12) <http://indianpad.com>

Links can be placed in 'About me' field and home page field.

13) <http://www.tac.org.za>

Place links in the 'About me' field using HTML.

14) <http://www.change.org/>

By Johnny Wang

Place links in the 'About me' field using HTML.

15) <http://forum.inmatrix.com/>

Links can be placed in the signature field and Your website url.

16) <http://www.peteandthepirates.co.uk/forum/index.php>

Your links can be placed in 'Personality' under the signature field and in 'Personal' under the website field.

17) <http://www.tiffen.com/forum/index.php>

Links can be placed in the signature field and Home Page URL.

18) <http://www.boatingsf.com/forum/index.php>

Links can be placed in the signature field and Home Page URL.

19) <http://forums.mint.com/login.php>

Links can be placed in the signature field and Home Page URL.

20) <http://www.benzforum.com/forum/index.php>

Links can be placed in the signature field and Home Page URL.

21) <http://volvoforums.com/forum/index.php>

Links can be placed in the signature field and Home Page URL.

22) <http://www.playlist.com/>

Place links in 'About me' section.

23) <http://forum.blu-ray.com/register.php>

Links can be placed in the signature field and Home Page URL.

24) <http://diendan.caigi.com/index.php>

Links can be placed in the signature field and Home Page URL.

25) <http://forums.jumba.com.au/register.php>

Links can be placed in the signature field and Home Page URL.

By Johnny Wang

IMPORTANT NOTE!!

You have to create a excel sheet to track all your backlinkings, you could either use the Google Docs by the Gmail account you created for this backlinking job or submit weekly backlinkg tracking sheet. Without this tracking sheet, you'll NOT be paid!!