

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Alena.Mad

**@alena_mad0**

Here you'll find recipes with full descriptions. We discuss movies, books, life, and of course argue about tastes 🤔❤️ Registration number: 5279121140

SUBSCRIBERS

67 623

+118 per month

ERR (% SEE POSTS)

27.0%

per day 10.1%

REACH/POST

16.8K

ad reach 6.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it's calculated for.

 SUBSCRIBERS 67 623 —	 SUBS REACH 24.82% avg % subs see post	 VIEWS/POST 16.8K median 17.5K · 28 days	 POSTS/WEEK 2.2 for the period
 7D TREND — no data for period	 REACTS/POST 390.2 only 3,512 reactions, 891 reposts, 287 comments	 POST LENGTH 882 chars median 1,000 · 28 days	 POSTS ANALYZED 9 28 days
 AD REACH 6.8K avg per 24h	 CHURN / MONTH +118 last month	 QUOTABILITY 5 citation index · 22 channels mentioned ever	 CHANNEL AGE 2 years 7 months created 30.11.2023

AI EDITOR SUMMARY

Channel «Alena.Mad» — 67 623 subs. Each post avg views 16.8K people (25% of subs), this is avg reach — room to grow. Publishes 2 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 9 posts in 28 days.
- 02 Dominant format — Video (9/9 posts).
- 03 Avg post length — 882 chars (median 1,000).
- 04 Peak audience activity — Friday, 22:00 MSK.
- 05 Top posts get 2x more views than the weakest (21.4K avg for top vs 11.5K for worst) — among 9 posts in 28 days. Analyze what top posts have in common: topic, format, timing.

TOP 5 POSTS

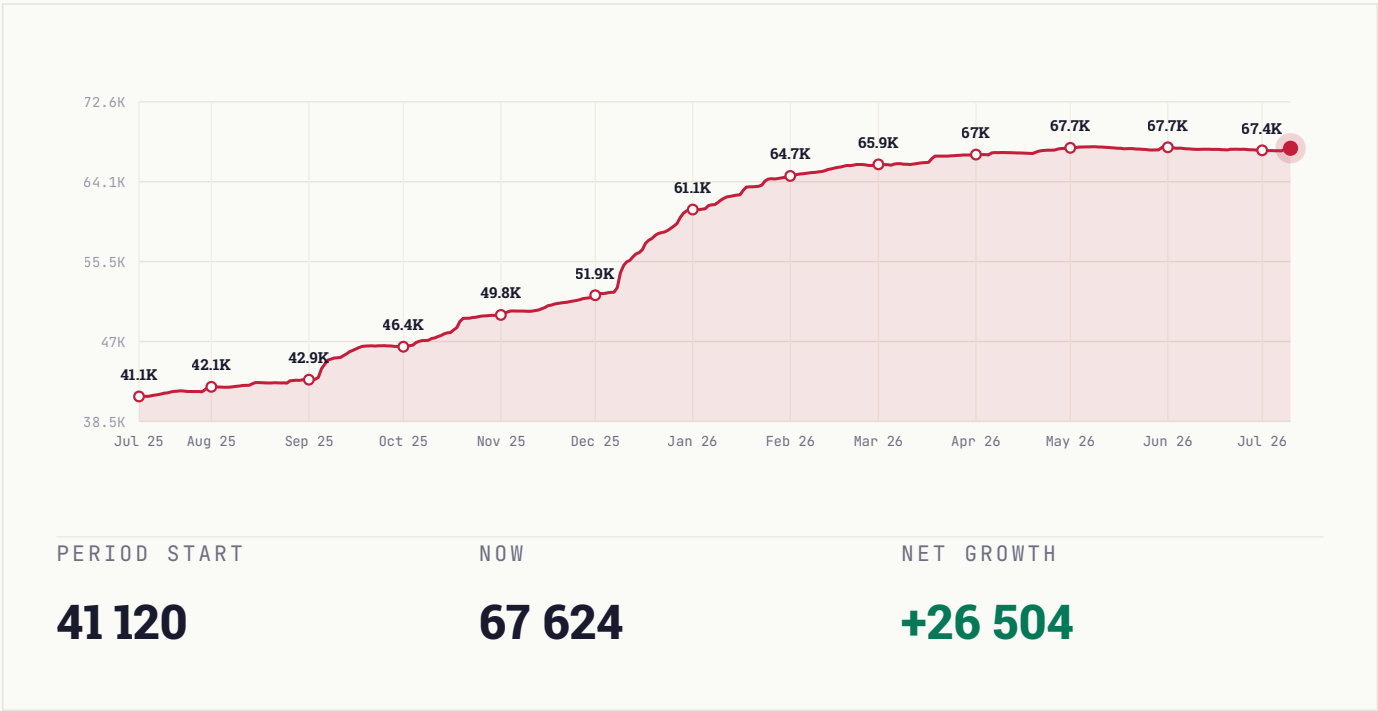
Nº1 12.06 · 19:51 VIDEO Seviche of red shrimp with strawberry 🍓 • 300 g red shrimp • 6–8 strawberries • ¼ red onion • juice of 2 limes • zest of 1...		VIEWS 22 664	REACTS 602
		REPOSTS 107	ER 33.5%
Nº2 10.06 · 14:01 VIDEO Beetroot soup with kefir and baked young potatoes For the soup: • 2 medium beets (about 500 g) • 2 large cucumbers radish 3-4...		VIEWS 21 069	REACTS 536
		REPOSTS 242	ER 31.2%
Nº3 18.06 · 15:15 VIDEO Fig carpaccio with stracciatella and anchovies Mash 4–5 ripe figs with the bottom of a glass right on the plate to make a base for...		VIEWS 20 476	REACTS 566
		REPOSTS 123	ER 30.3%

Nº4 10.06 · 07:15 VIDEO 💰 How a person who finally reached a new income level lives Well. Stops endlessly thinking about money. Sees...	VIEWS 17 764 REPOSTS 24 REACTS 143 ER 26.3%
Nº5 26.06 · 10:24 VIDEO Some things make food just tasty. Others make you think about it the next day. Today is that kind of recipe. 🍔...	VIEWS 17 533 REPOSTS 156 REACTS 441 ER 25.9%
WORST 3	
↓ 01.07 · 11:21 VIDEO When cooking shashlik at home, the hardest part is getting that perfect crust outside and juiciness inside. This time I made the whole recipe in...	VIEWS 15 288 REPOSTS 193 REACTS 519 ER 22.6%
↓ 08.07 · 10:19 VIDEO You know, I'm a person who's very hard to surprise with skincare. Because over the last twenty years I've tried so many cosmetics...	VIEWS 9 792 REPOSTS 20 REACTS 91 ER 14.5%
↓ 08.07 · 13:23 VIDEO Every year before my birthday, the same thing happens. A strange sadness for no reason. You start looking back...	VIEWS 9 543 REPOSTS 13 REACTS 490 ER 14.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

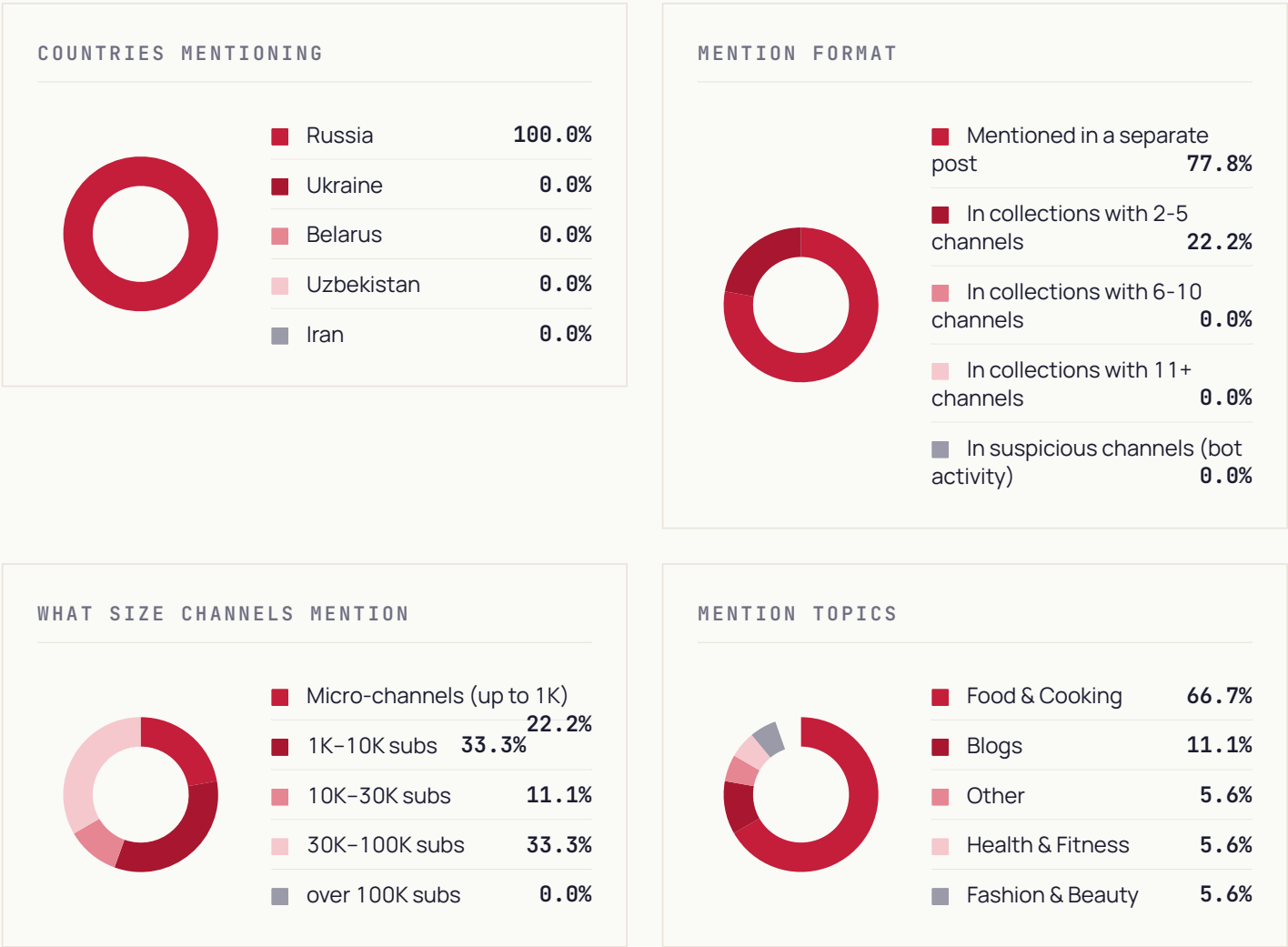
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

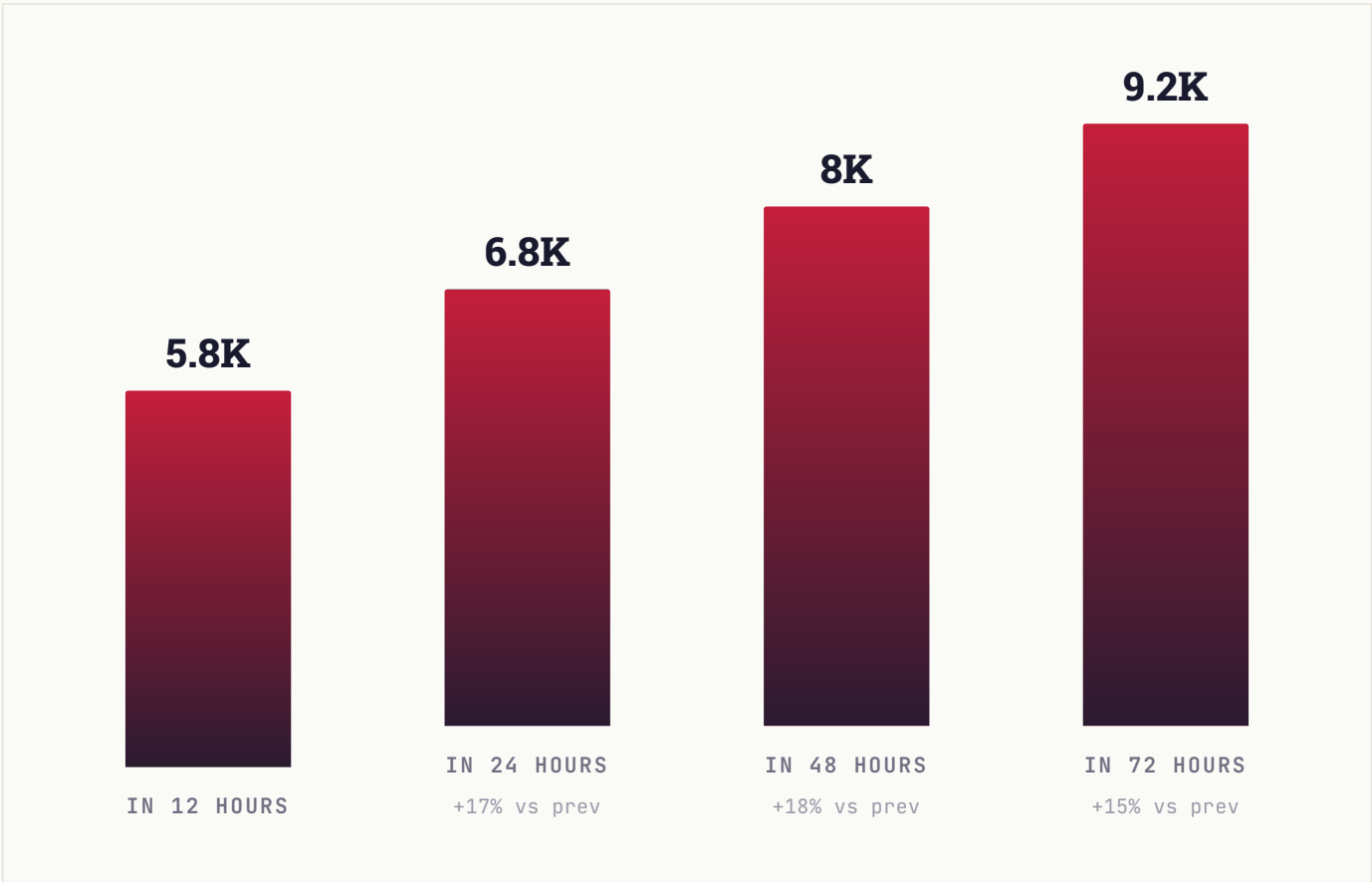
Citation index 5 – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **22** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its position among niche neighbors.

CHANNEL	SUBSCRIBERS
KR Cooking Recipes Salads 🧑🍳	995.6K
Fri Pyaterochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air Fryer Recipes	593.3K
Mon Simple Recipes	586.9K
KR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Sun Everyday Recipes	461.5K
AL Alena.Mad YOU	67.6K

COMPARATIVE CONCLUSION

Channel yet outside top-94 niche — early growth stage. Niche leader — **Cooking Recipes Salads 🧑🍳** (995.6K), top-94 median: 205K. First goal — enter top-94 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **10**, they brought **22 964** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	3 594	
December 2025	3	3	9 410	
Nov 2025	3	3	1 964	
Oct 2025	2	2	3 354	
September 2025	1	1	3 703	
August 2025	1	1	939	

TOTAL MENTIONS	MONTHS IN DATA	ACQUIRED SUBSCRIBERS
10	6	22 964

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Food & Cooking» (Russia) and compared your channel. Gray band — range covering 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01**Increase posting frequency**

Now 2.2 posts/wk. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
beats volume****02****Main post of the week — on Friday**

Audience is most active on this day and at 22:00 MSK.

EFFECT

**Best window
for an
important post****03****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs****04****Test polls and interactive formats**

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic — easy growth lever.

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads with us and hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
