

PUBLIC PROMTPRESS REPORT

Channel audit

Alena Kovalchuk

#SL



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[#FWJPE](https://gosuslugi.ru/snet/67a1e52bc372fd2aa1ad5883)

SUBS

82 156

-1462 per month

ERR (% SEE POSTS)

11.0%

per day 6.4%

REACH/POST

8.9K

ad reach 5.3K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle shows the period it covers.

 SUBS 82 156 —	 SUBS REACH 10.83% avg % of subs see post	 VIEWS/POST 8.9K median 9.2K · 29 days	 POSTS/DAY 8.1 ~57 per week
 7D TREND -2.4% vs previous week	 REACTIONS/POST 365.3 total 87,297 reactions, 9,297 reposts, 4,969 comments	 POST LENGTH 139 chars median 80 · 29 days	 POSTS ANALYZED 239 29 days
 AD REACH 5.3K 24h avg	 CHURN / MONTH -1462 over the last month	 CITATION RATE 227 citation index · 405 channels mentioned all time	 CHANNEL AGE 4 years 4 months created 24.02.2022

AI EDITOR SUMMARY

Channel «Alena Kovalchuk #SL» – 82 156 subs. Each post gets on avg 8.9K people (11% from subs), reach is low – consider expanding audience. Publishes 57 posts per week (~8 per day) – active posting mode. For the week of June 22–28, reach stable (-2.4% vs week of Jun 15–21).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **239** posts over 29 days.
- 02 Dominant format — **Video** (105/239 posts).
- 03 Avg post length — **139** chars (median 80).
- 04 Peak audience activity — **Tuesday**, 14:00 MSK.
- 05 Top posts get **2×** more views than the weakest (12.4K avg for top vs 7.1K for worst) — among 239 posts over 29 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 08.06 · 17:48 VIDEO I know you've been waiting ★ #1 program in Russia for health recovery and losing all excess weight ABSOLUTELY FREE ✓ →...	VIEWS 14 312 REPOSTS 831	REACTIONS 950 ER 17.4%
Nº2 09.06 · 11:57 TEXT This broadcast is a must-hear for every thinking person 🧠	VIEWS 11 504 REPOSTS 215	REACTIONS 335 ER 14.0%
Nº3 08.06 · 08:47 PHOTO "I'd gladly go to hell for this" – Dr. Stanley Plotkin, developer of modern vaccines, from 2018 sworn testimony. You...	VIEWS 11 291 REPOSTS 438	REACTIONS 791 ER 13.7%

Nº4

09.06 · 11:19

TEXT

(post without caption – text)

VIEWS

11 123

REPOSTS

156

REACTIONS

325

ER

13.5%

Nº5

14.06 · 09:06

TEXT

(post without caption – text)

VIEWS

11 092

REPOSTS

278

REACTIONS

495

ER

13.5%

WORST 3

↓

02.07 · 04:44

PHOTO

Family eats.... 😊😋 I'm on protocol

VIEWS

7 123

REPOSTS

11

REACTIONS

314

ER

8.7%

↓

02.07 · 02:59

TEXT

We started walking ❤️😎

VIEWS

7 107

REPOSTS

7

REACTIONS

254

ER

8.7%

↓

02.07 · 05:05

VIDEO

Woke up, smiled, and went to conquer the world 🌍 Love 🥰

VIEWS

7 096

REPOSTS

17

REACTIONS

529

ER

8.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

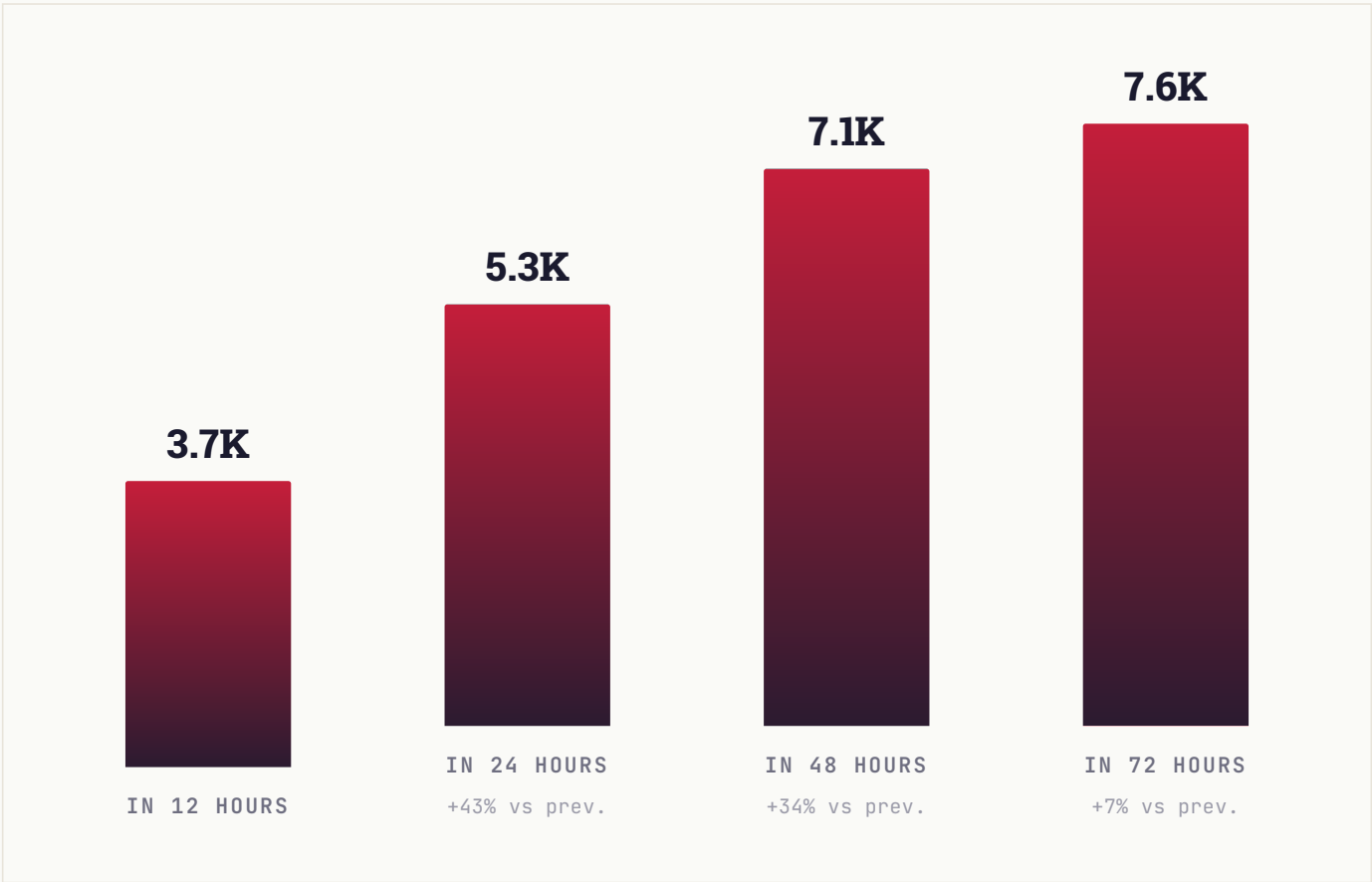
Subscriber growth chart over the year. Key months show exact sub count. See which months gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps gauge how long a placement should 'live'.



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBS
KZ Test purchase	768.4K
BI Biohackers	583.1K
BI Biohacking	533.5K
SL Sport Life	525.1K
VN Eternity in Tibet	494.1K
NT Our body	481.6K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	477.8K
BZ Stay Healthy	448.2K
ZE Healthy food	417.5K
DZ Doctor Zubareva / Doctor Zubareva	413.8K
AK Alena Kovalchuk #SL YOU	82.2K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#100 of 97). Niche median — 152.8K subs. First growth KPI — hit the median. Leader: Test purchase (768.4K).

SECTION 06 · 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 **165**, they brought **157 469** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	98	59	3 114
December 2025	33	17	33 881
Nov 2025	15	9	102 060
Oct 2025	11	11	45
Sep 2025	8	8	17 831
August 2025	0	0	538
TOTAL MENTIONS			165
MONTHS OF DATA			6
ATTRACTED SUBS			157 469

SECTION 07 • NICHE COMPARISON

Where channel ranks in its league

Took top-**100** channels in category "Health & Fitness» (Russia) and compared your channel. Gray band — range of 80% of niche channels (p10 to p90). Black line — median. Red dot — your channel.

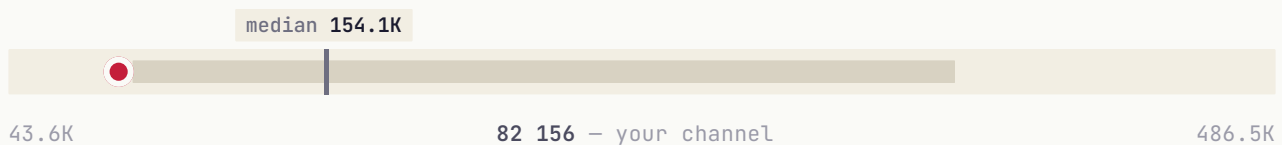
#100 /100

POSITION IN NICHE

Channel in bottom half of ranking

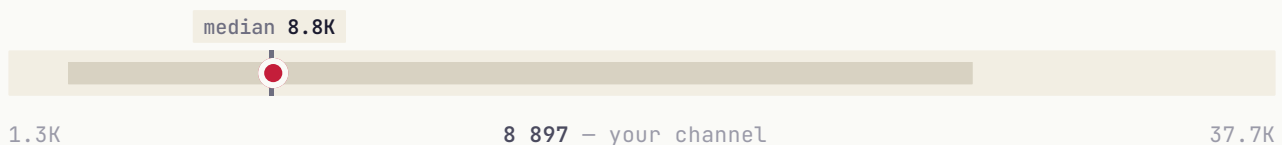
SUBS

worse than median by 47%



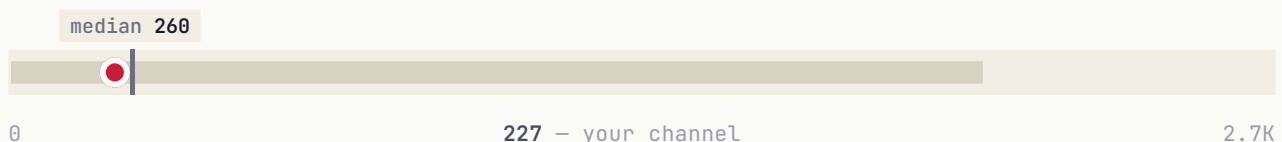
AVG REACH / POST

better than 50% of niche



CITATION INDEX

worse than median by 13%



— SECTION 08 · STRATEGY

What to do right now

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

01

Top post of the week — on Tuesday

Audience most active on this day at 14:00 MSK.

EFFECT

**Best window
for important
post**

02

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**

03

Test polls & interactive formats

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

EFFECT

+5-15% ER

04

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**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — organic traffic source.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further — run ads with us and close your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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