

— PUBLIC PROMTPRESS REPORT

Channel audit

Anastasia Lunegova.

Healthy Fitness.



@anastasiyalunegova

I train safely with hernias, arthrosis, protrusions, and weak pelvic floor. All courses at lunegova.ru/?utm_source=telegram

SUBS	ERR (% SEE POSTS)	REACH/POST
71 189	15.0%	9.7K
+1790 per month 08.07.2026	daily 7.0% https://promptpress.com/audit/anastasiyalunegova	ad reach 5K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBS 71 189 —	 SUB REACH 13.64% avg % of subs see post	 VIEWS/POST 9.7K median 9.5K · 29 days	 POSTS/WEEK 11.3 over period
 7D TREND +59.9% vs previous week	 REACTIONS/POST 232.6 total 10,934 reactions, 110 reposts, 391 comments	 POST LENGTH 477 chars median 364 · 29 days	 POSTS ANALYZED 47 29 days
 AD REACH 5K 24h avg	 CHURN / MONTH +1790 last month	 CITATION RATE 27 citation index · 111 channels mentioned all time	 CHANNEL AGE 8 years 5 months created 02.02.2018

AI EDITOR SUMMARY

Channel «Anastasia Lunegova. Healthy Fitness.» — 71 189 subs. Each post averages 9.7K people (14% from subs), reach is low — consider expanding audience. Publishes 11 posts per week (~2/day) — regular schedule. For the week of June 22–28, reach grew +59.9% by week June 15–21 — positive trend.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 47 posts over 29 days.
- 02 Dominant format – Video (21/47 posts).
- 03 Avg post length – 477 chars (median 364).
- 04 Peak audience activity – Monday, 09:00 MSK.
- 05 Top posts get 2x more views than the weakest (16.2K avg for top vs 7.7K for worst) – among 47 posts in 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 22.06 · 06:20 VIDEO 📺 CLOSING SALES for the course “Elastic Body”. Today is the last day you can join the course “Elastic Body”. Tomorrow we close...	VIEWS 16 975 REPOSTS —	REACTIONS 75 ER 23.8%
Nº2 28.06 · 08:08 PHOTO 😊 Yay! Rash! That means roseola. First time hearing about this. 4 days of fever at 39.5. On day 5 morning t’ dropped to...	VIEWS 16 146 REPOSTS —	REACTIONS 880 ER 22.7%
Nº3 27.06 · 07:35 VIDEO 😄 In my 30+ crisis, my hobby is gardening. Never really dug with a shovel before (usually dug potatoes...	VIEWS 15 527 REPOSTS —	REACTIONS 507 ER 21.8%

Nº4 26.06 • 20:14 TEXT I've never waited for a rash on my child like I do now. Hoping it's roseola. Thanks for your messages, I feel calmer...	VIEWS 13 187 REPOSTS — REACTIONS 271 ER 18.5%
Nº5 26.06 • 15:22 VIDEO (post without caption — video)	VIEWS 12 877 REPOSTS — REACTIONS 285 ER 18.1%

| WORST 3

↓ 04.07 • 05:55 TEXT Before you, I never thought I could love strength training or work out regularly at home But a structured systematic approach and...	VIEWS 7 749 REPOSTS — REACTIONS 356 ER 10.9%
↓ 17.06 • 06:36 VIDEO (post without caption — video)	VIEWS 7 733 REPOSTS — REACTIONS 165 ER 10.9%
↓ 17.06 • 06:35 PHOTO !! Got this question the other day. Answering in a voice message 🙌	VIEWS 7 587 REPOSTS — REACTIONS 32 ER 10.7%

SECTION 03 · SUB DYNAMICS

How the channel grew over the year

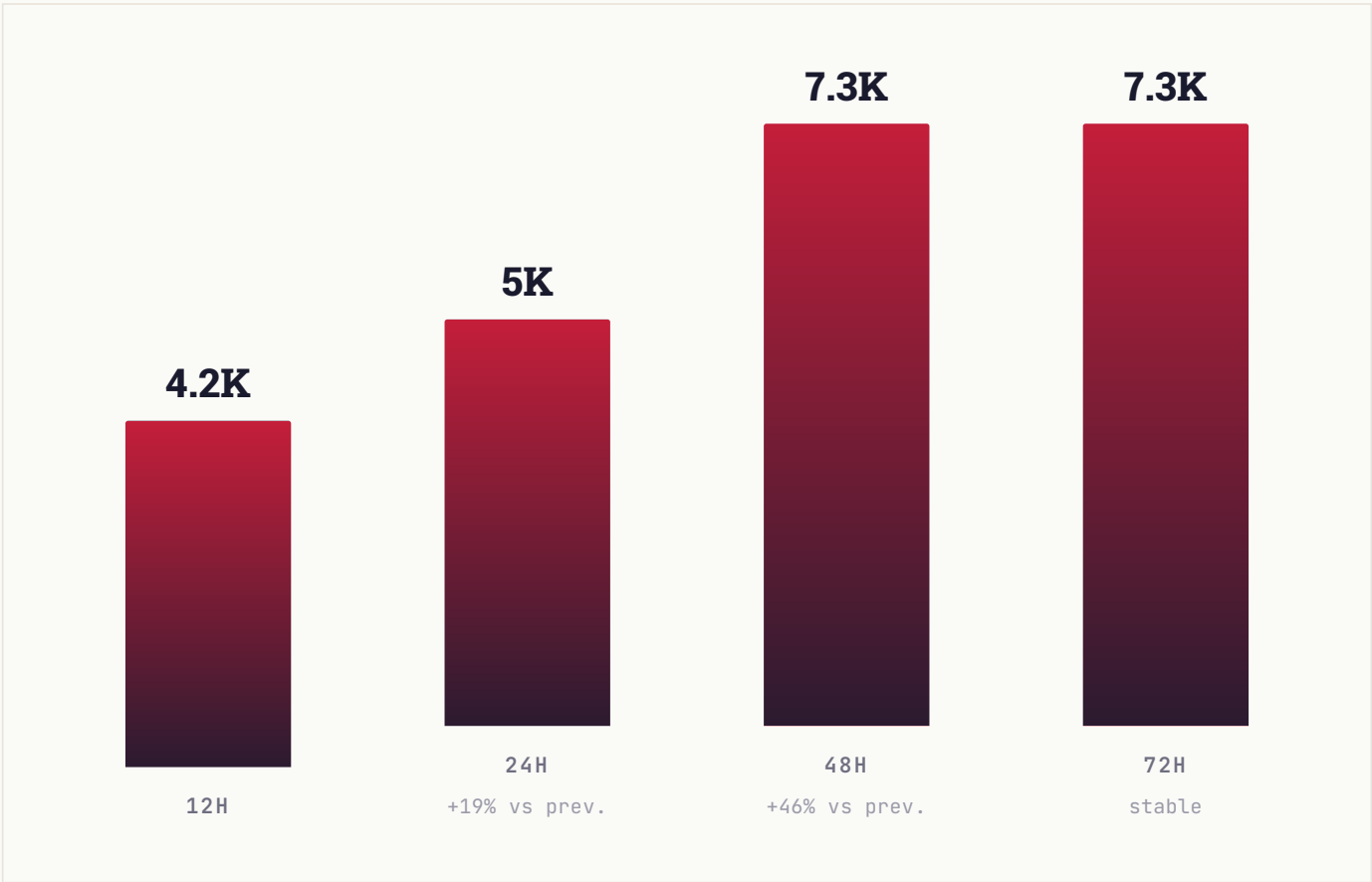
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post generates reach

Avg ad post reach over time since publication. Helps estimate 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 peers.

CHANNEL	SUBS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
IN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulishchenko Osteopath, PhD Faceplasty author	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
HZ Doctor Zubareva / Doctor Zubareva	413.5K
AL Anastasia Lunegova. Healthy Fitness. YOU	71.2K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Test purchase (766.3K), median top-97: 154.7K. First goal — enter top-97 via systematic traffic & content work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **21**, they brought **9 839** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	4	4	1 109
December 2025	2	2	560
Nov 2025	7	7	2 881
Oct 2025	2	2	3 062
Sep 2025	5	4	1 336
August 2025	1	1	891

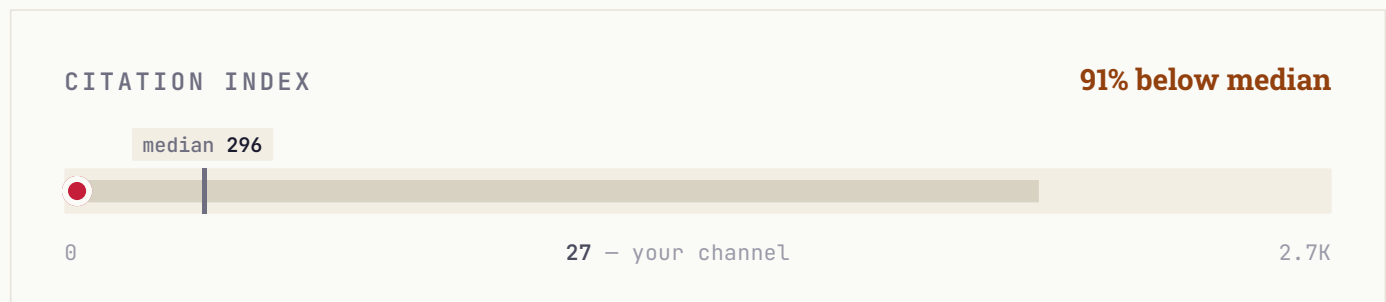
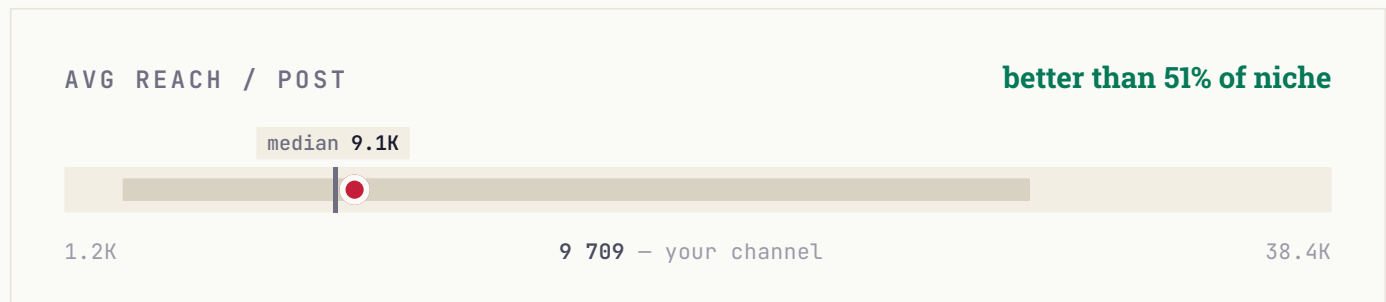
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
21	6	9 839

Where the channel ranks in its league

SUBS **54% below median**

A horizontal bar chart comparing a channel's subscriber count to a median. The median is 155.2K, represented by a vertical line. The channel's count is 71,189, represented by a red dot. The bar is divided into two segments: a light blue segment from 42.7K to 155.2K and a light orange segment from 155.2K to 496.4K. The channel's count is in the light blue segment.

Value	Label
42.7K	Start of range
71 189	your channel
155.2K	median
496.4K	End of range



— 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

Main post of the week — on Monday

Audience is most active on this day at 09:00 MSK.

EFFECT

**Best window
for an
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

+1K-3K 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 point.

EFFECT

+5-15% ER

04

Cross-promo with neighboring channels

Swap posts with channels in the same segment quarterly. 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 — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes based on public data. To go further — run ads through us and hit 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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