

PROMTPRESS PUBLIC REPORT

Channel audit

Dietitian

Anna Savina



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How to lose 15 kg in 3 months and keep it off for years, even after 40+? 🍏 Anna Savina's blog for those who want to lose weight without diets or fasting. ry-17795805047087899622 RKN registration...

SUBSCRIBERS

30 805

-218 per month

ERR (% SEE POSTS)

3.0%

per day 1.6%

REACH/POST

777

ad reach 479/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

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

 SUBSCRIBERS 30 805 —	 SUBSCRIBER REACH 2.52% avg % subs see post	 VIEWS/POST 777 median 790 · 29 days	 POSTS/WEEK 24.3 over period
 7D TREND +17.7% vs previous week	 REACTIONS/POST 5.0 only 511 reactions, 248 reposts, 60 comments	 POST LENGTH 755 chars median 999 · 29 days	 POSTS ANALYZED 102 29 days
 AD REACH 479 avg per 24h	 CHURN / MONTH -218 last month	 QUOTABILITY 533 citation index · 549 channels mentioned all time	 CHANNEL AGE 4 years 4 months created 25.02.2022

AI EDITOR SUMMARY

Channel «Dietitian 🧑🍳 Anna Savina» — 30 805 subs. Each post avg views 777 people (3% from subs), reach is low — should expand audience. Publishes 24 posts per week (~3/day) — active posting. For week Jun 29 — Jul 5 reach grew +17.7% to week Jun 22–28 — positive trend.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **102** posts in 29 days.
- 02 Dominant format — **Photo** (73/102 posts).
- 03 Avg post length — **755** chars (median 999).
- 04 Peak audience activity — **Saturday**, 10:00 MSK.
- 05 Top posts get **4x** more views than the weakest (1.4K avg top vs 350 worst) — among 102 posts in 29 days. Worth analyzing what the top has in common: topic, format, publish time.

TOP 5 POSTS

Nº1 27.06 · 07:57 TEXT Hi dears, guess where I am? I purposely drew what's on the slide so you wouldn't guess right away 🤪 Who's the most attentive...	VIEWS	REACTIONS
	1 489	—
	REP.	ER
	—	4.8%
Nº2 27.06 · 07:57 PHOTO (post without caption — photo)	VIEWS	REACTIONS
	1 436	3
	REP.	ER
	1	4.7%
Nº3 26.06 · 14:36 PHOTO Why was I ever fat? I've written about this before, exploring the cause. I always blamed my grandmother for my weight and...	VIEWS	REACTIONS
	1 427	—
	REP.	ER
	3	4.6%

Nº4 30.06 • 12:06 TEXT Yay, I finally decided to get a haircut – so many times I got flak for always looking the same, so I cut off some hair...	VIEWS 1 344 REP. — REACTIONS 7 ER 4.4%
Nº5 30.06 • 11:59 VIDEO (post without caption – video)	VIEWS 1 147 REP. 1 REACTIONS 4 ER 3.7%

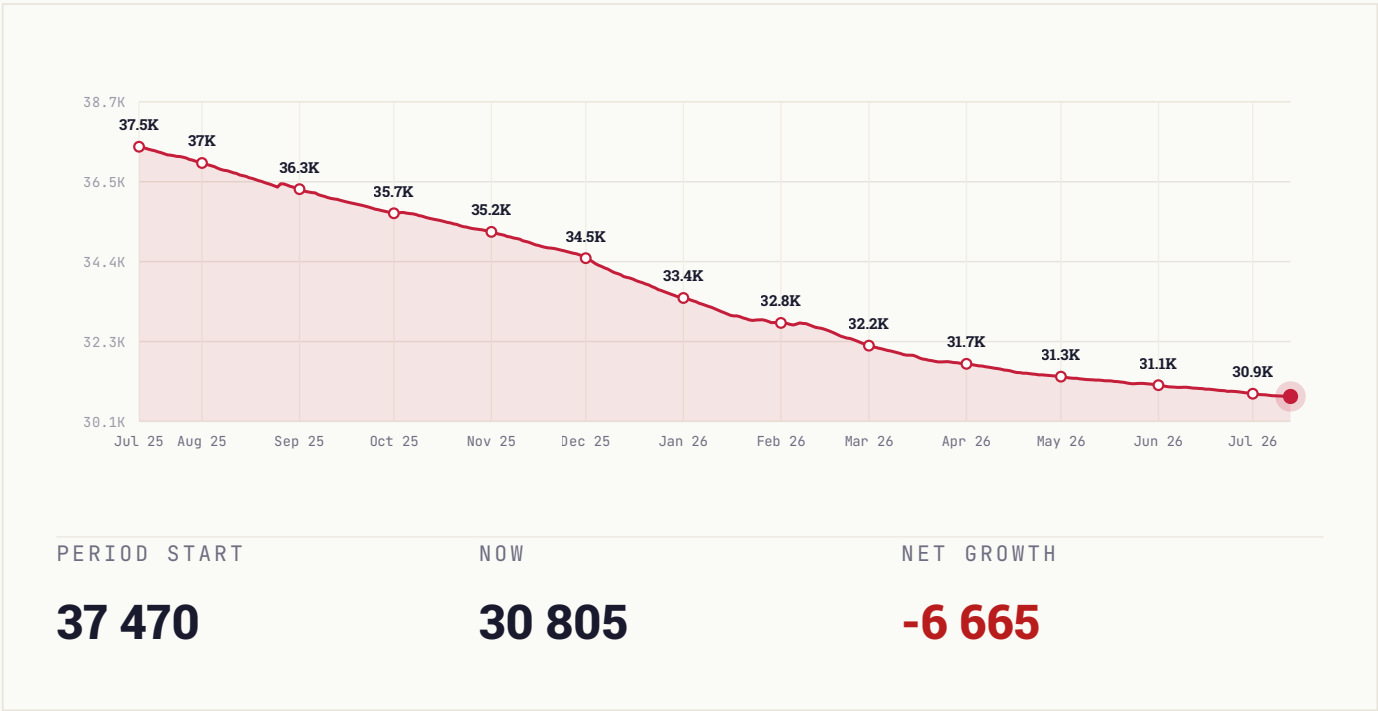
WORST 3

↓ 19.06 • 14:25 PHOTO (post without caption – photo)	VIEWS 363 REP. 1 REACTIONS 4 ER 1.2%
↓ 19.06 • 14:28 VIDEO Contestant 7 Forgive me, but this contestant is what they call 'heavy luxury'. 🥰 What does that mean? It means at 75 to always be with...	VIEWS 356 REP. 1 REACTIONS 9 ER 1.2%
↓ 19.06 • 14:24 VIDEO Contestant 6 Alexandra – a gentle flower, 🌸 a tender bell in our forest glade. We let her bloom and believe again...	VIEWS 332 REP. 2 REACTIONS 8 ER 1.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

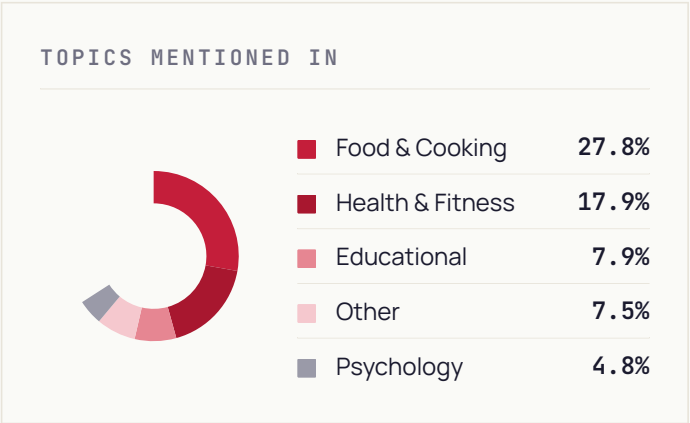
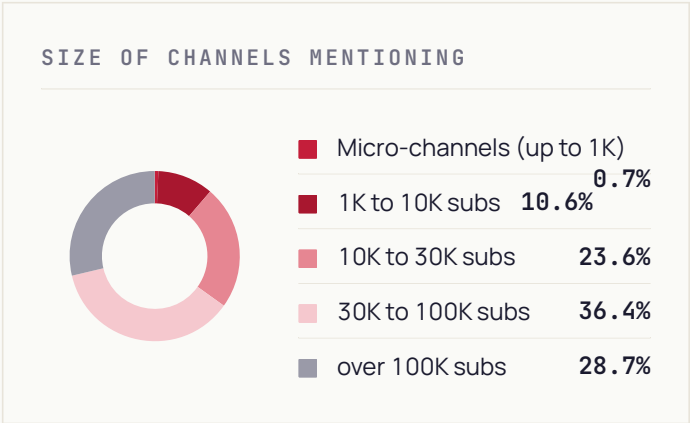
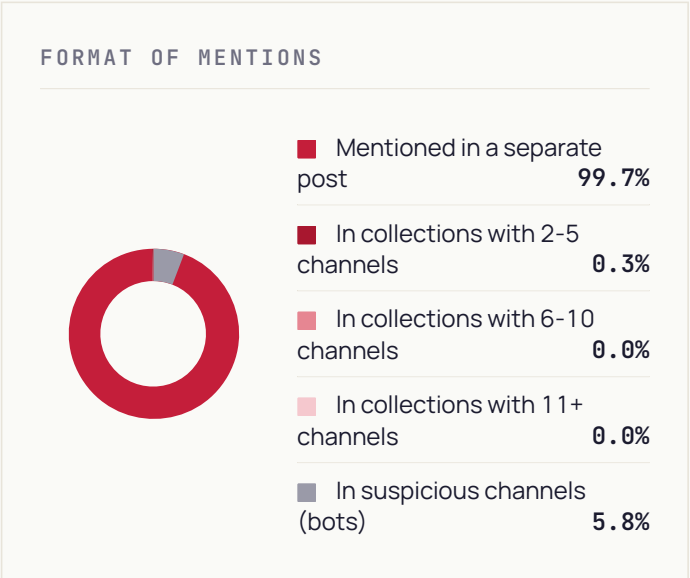
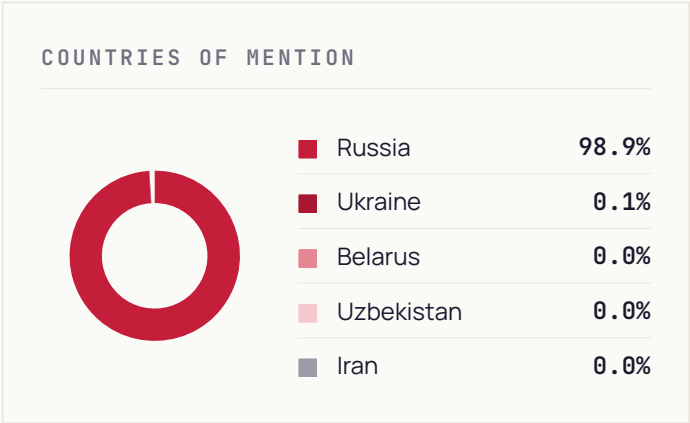
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subscribers.



SECTION 04 · CITATIONS

Who & how mentions the channel

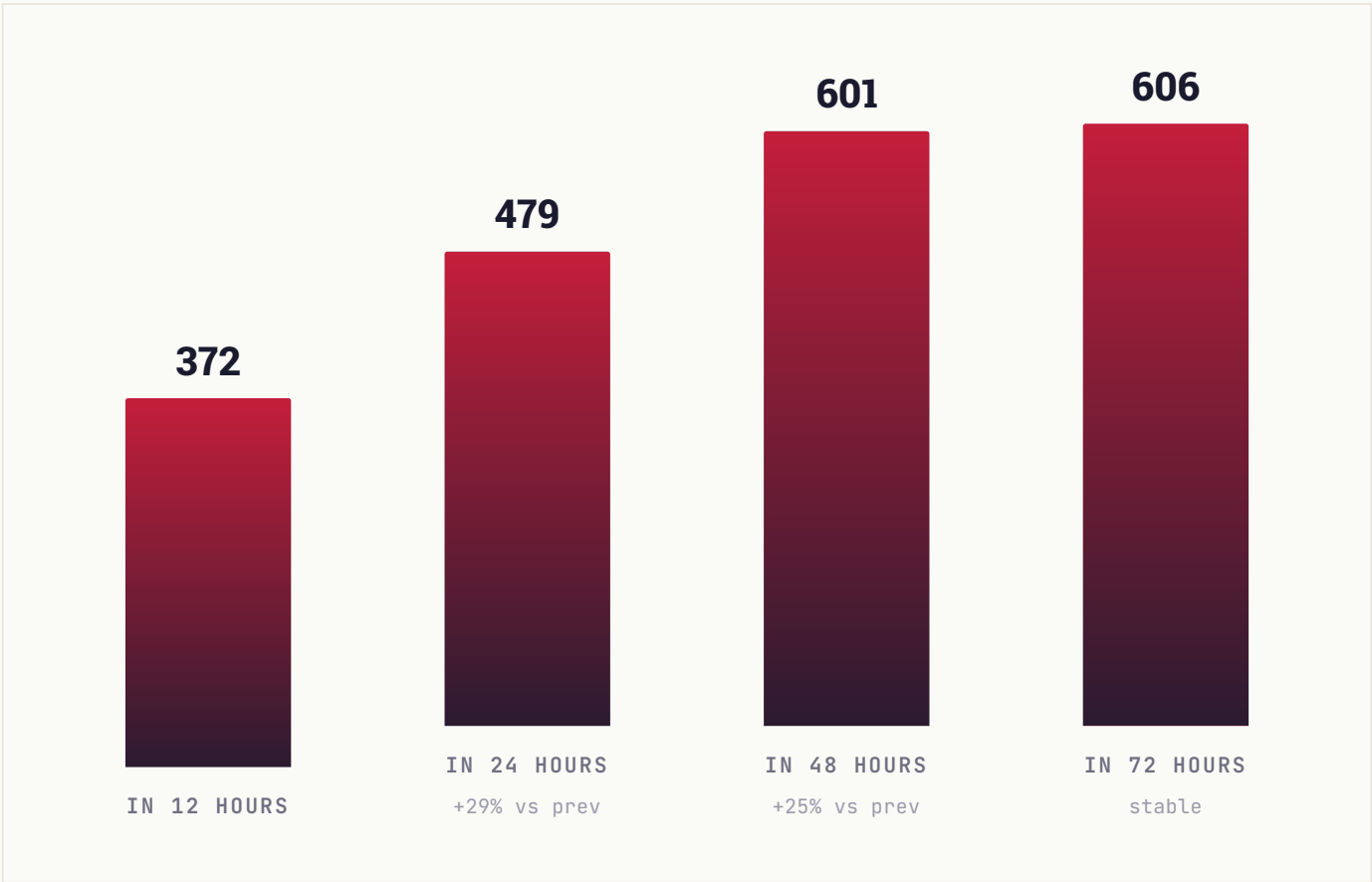
Citation index **533** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All time channel was mentioned **549** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test Purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	476.4K
BZ Stay Healthy	447.3K
F Dietitian  Anna Savina YOU	30.8K

COMPARATIVE CONCLUSION

Channel not yet outside top-97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **21**, they brought **141** new subs.

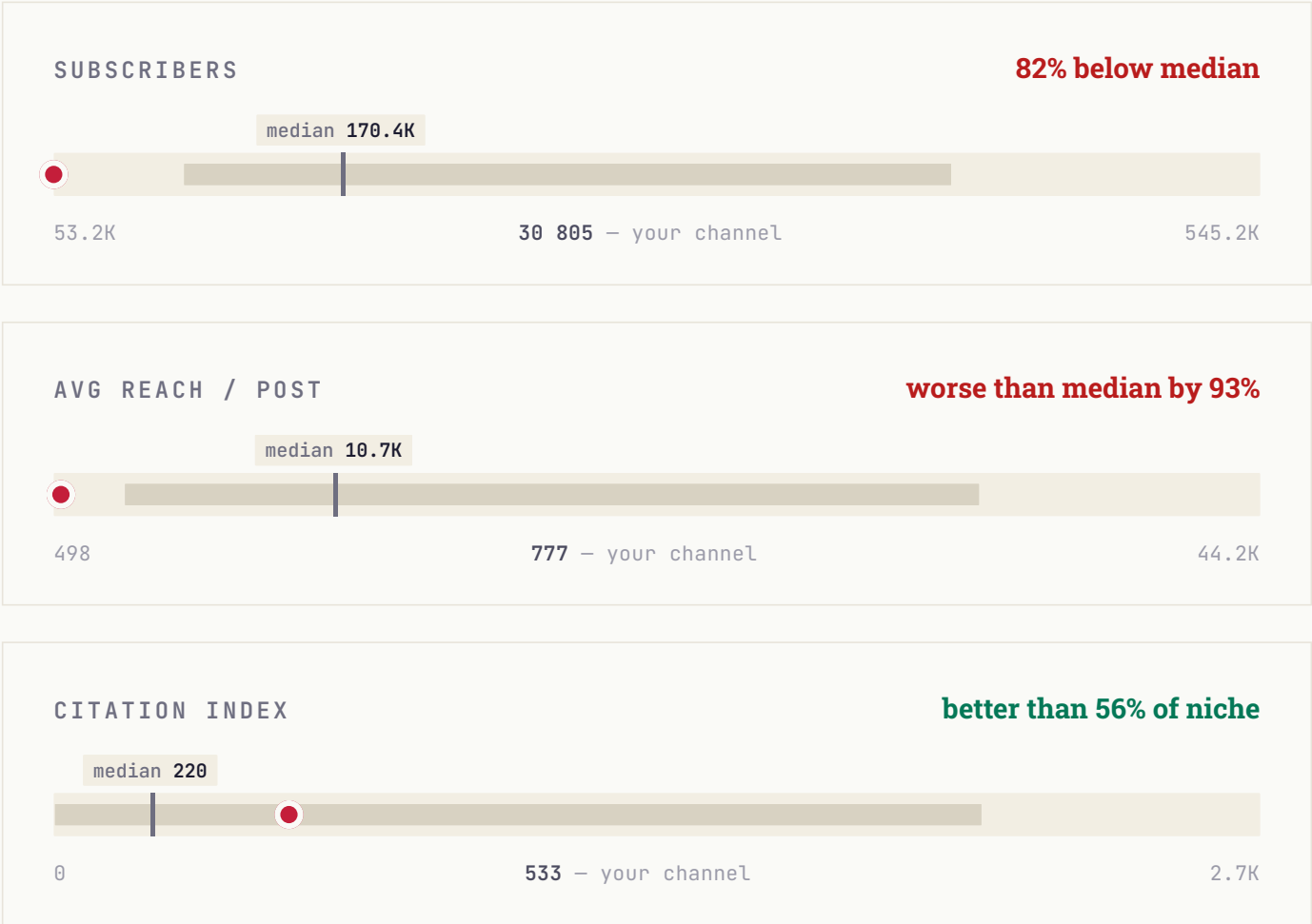
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	22	
December 2025	3	2	0	
Nov 2025	6	2	0	
Oct 2025	9	2	30	
September 2025	0	0	0	
August 2025	3	2	89	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
21	6	141

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range for 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

Top post of the week — on Saturday

Audience is most active on this day at 10:00 MSK.

EFFECT

**Best time for a
key post**

02

Increase share of video posts

Video in Telegram retains audience longer and is favored by the algorithm. We recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 2.52% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+4.5pp ER

04

Systematic traffic buying

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

EFFECT

**+1000-3000
subs**

05

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

★ 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 through us and hit your growth plan in a month.

01

**Launch ads in
Telegram**

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

02

Contact manager

t.me/PromptPress_manager
