

PUBLIC PROMTPRESS REPORT

Channel audit

Аня-Нутрицио



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I help fix nutrition, eliminate deficiencies & restore energy. ☀️
 Scientific approach + real-life practice. 🍉 Ads: https://t.me/vikki_sau GB

SUBS

10 283

-3196 per month

ERR (% SEE POSTS)

101.0%

per day 70.3%

REACH/POST

10.3K

ad reach 7.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBS 10 283 —	 SUB REACH 100.48% avg % subs see post	 VIEWS/POST 10.3K median 10.3K · 23 days	 POSTS/WK 1.8 over period
 7D TREND — no data for period	 REACTS/POST 126.5 total 759 reactions, 404 reposts, 110 comments	 POST LENGTH 826 chars median 945 · 23 days	 POSTS ANALYZED 6 23 days
 AD REACH 7.8K 24h avg	 CHURN / MONTH -3196 last month	 CITATION RATE 12 citation index · 24 channels mentioned all time	 CHANNEL AGE 1 year 6 months created 17.01.2025

AI EDITOR SUMMARY

Channel «Anya-Nutritio 🍌» — 10 283 subs. Avg views per post 10.3K people (100% of subs), wide reach for a channel this size. Publishes 2 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 6 posts over 23 days.
- 02 Dominant format – Photo (6/6 posts).
- 03 Avg post length – 826 chars (median 945).
- 04 Peak audience activity – Friday, 18:00 MSK.
- 05 Top posts get 1x more views than the weakest (10.9K avg for top vs 9.7K for worst) – among 6 posts over 23 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 17.07 · 10:00 PHOTO In a tough moment I looked not for advice but for a role model – a woman who knows what she's doing. Without drama, without sacrifice, with...	VIEWS 11 162 REP. 38	REACTS 129 ER 108.5%
Nº2 03.07 · 15:58 PHOTO Millennials, your time has come. Ministry of Labor named 40–45 year olds the most in-demand group. But it's not just experience...	VIEWS 11 005 REP. 55	REACTS 100 ER 107.0%
Nº3 06.07 · 16:33 PHOTO Sea, resource & mindfulness: how not to 'switch off' health during vacation 🌊🌟 Vacation is when we finally slow down. Noise...	VIEWS 10 578 REP. 47	REACTS 179 ER 102.9%

Nº4 17.07 · 10:25 PHOTO We're giving 3,000 rubles for your wishlist at Golden Apple, or cash 🍷 3 winners, 1,000 rubles each Conditions are simple: 1...	VIEWS 10 098 REP. 104	REACTS 179 ER 98.2%
Nº5 13.07 · 14:57 PHOTO Good day! Looking for a good math tutor? Contact: @Marina_Badmaevna Imykhelova Marina Badmaevna – PhD...	VIEWS 9 932 REP. 80	REACTS 73 ER 96.6%

|

WORST 3

↓ 17.07 · 10:25 PHOTO We're giving 3,000 rubles for your wishlist at Golden Apple, or cash 🍷 3 winners, 1,000 rubles each Conditions are simple: 1...	VIEWS 10 098 REP. 104	REACTS 179 ER 98.2%
↓ 13.07 · 14:57 PHOTO Good day! Looking for a good math tutor? Contact: @Marina_Badmaevna Imykhelova Marina Badmaevna – PhD...	VIEWS 9 932 REP. 80	REACTS 73 ER 96.6%
↓ 23.06 · 14:27 PHOTO My eldest daughter finished 11th grade, now thinking where to go next? How to get into St. Petersburg and not miss out on career? 🎓🌟 Choosing a university is...	VIEWS 9 218 REP. 80	REACTS 99 ER 89.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

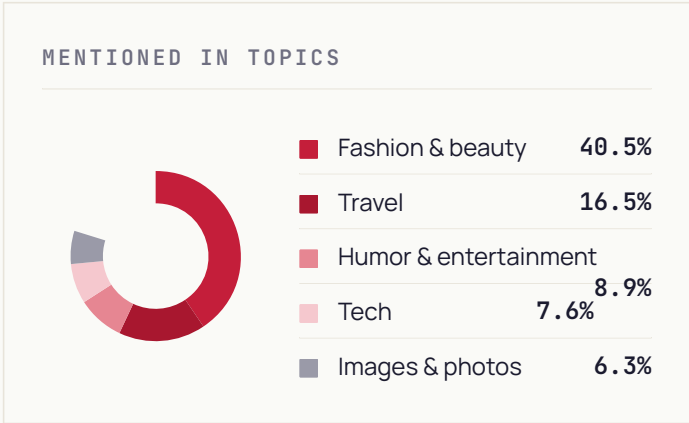
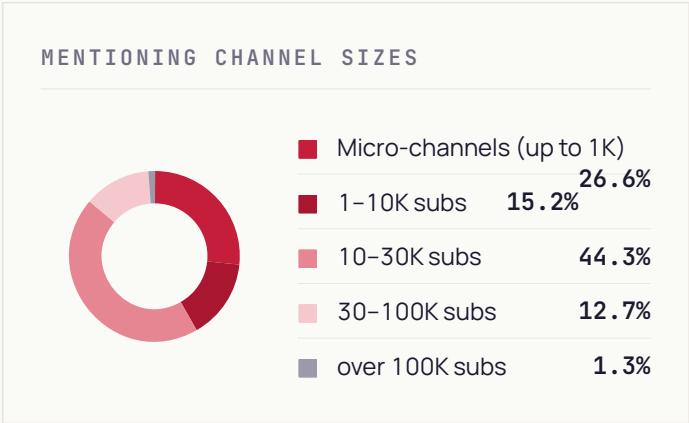
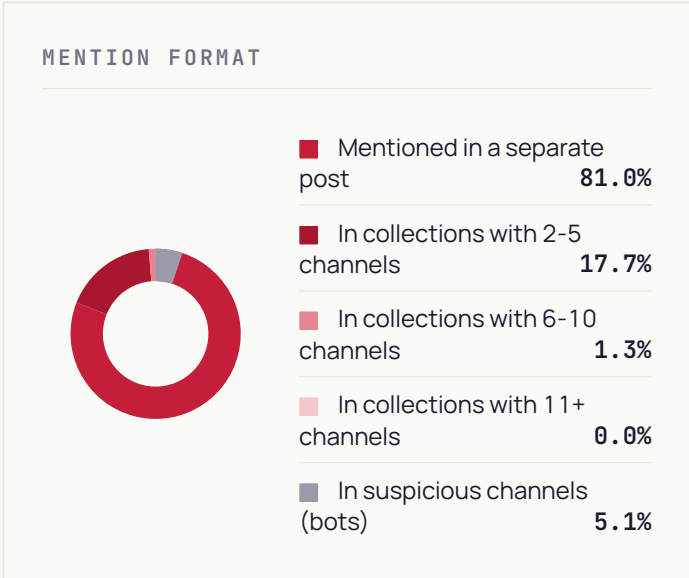
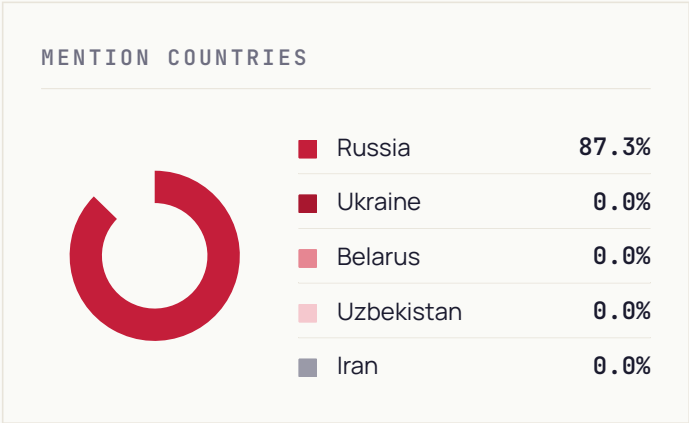
Subscriber growth chart over the year. Key months show exact subs. See which months grew or lost.



SECTION 04 · CITATIONS

Who mentions the channel & how

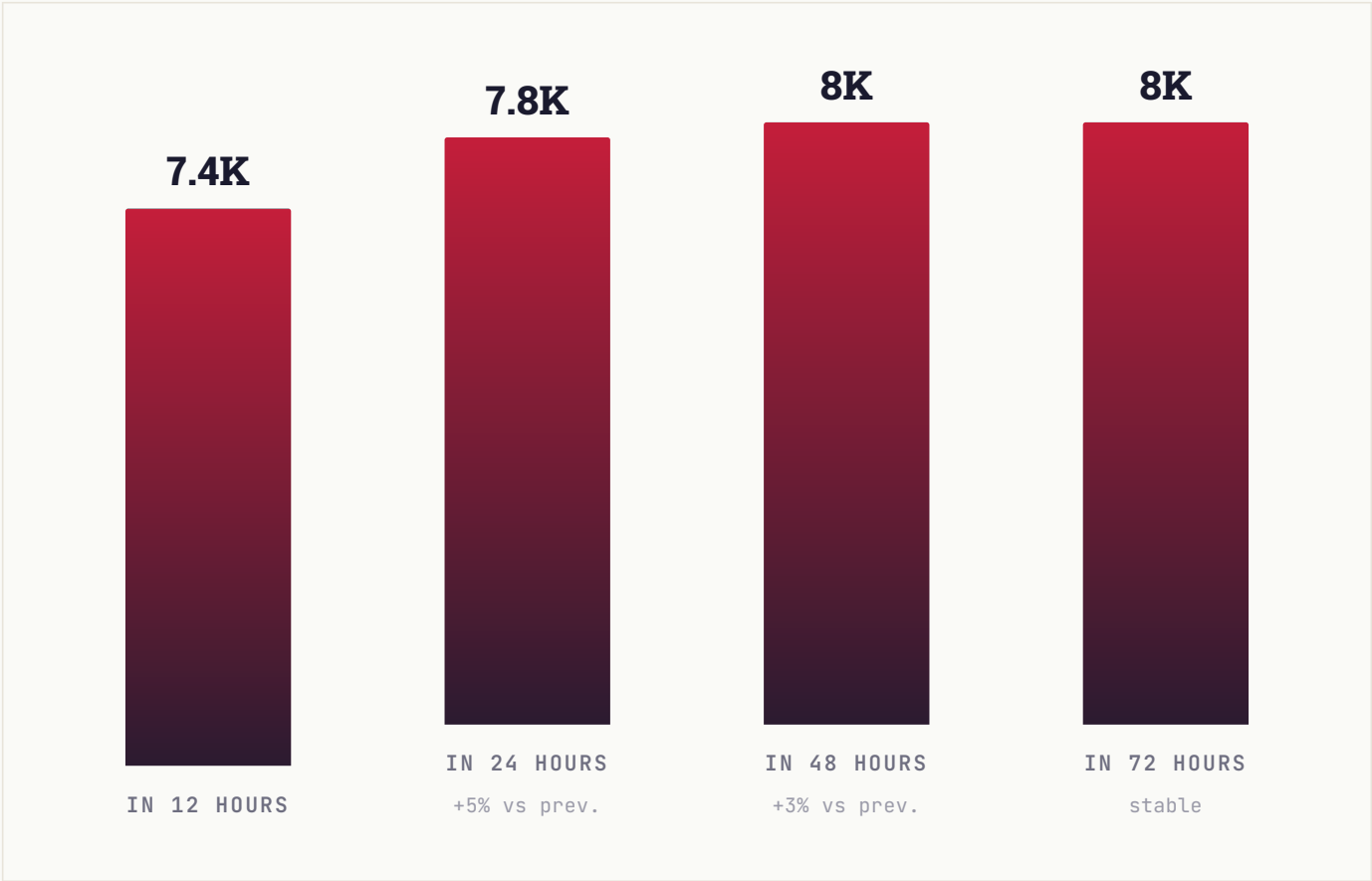
Citation index 12 – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K-sub channel weighs more than from a 1K-sub channel. All-time mentions: 24 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg ad post reach over time. Helps gauge how long a placement stays effective.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBS
KR Cooking Recipes Salads 🧑🍳	998K
PY Pyatyorochka	769.9K
M Mom's Recipes 😊	678.6K
A Air Fryer Recipes	594.9K
PR Simple Recipes	585.9K
KR Recipe book	557.4K
CN Kitchen inside out	533.2K
VI Tasty & cheap 🍪	485.8K
CI CHIZHIK	481.9K
RN Everyday Recipes	459.8K
AN Аня-Нутрицио 🍰 YOU	10.3K

COMPARATIVE INSIGHT

Channel yet outside top 94 of niche — early growth stage. Niche leader — Cooking Recipes Salads 🧑🍳 (998K), top-94 median: 205.6K. First goal — enter top-94 through systematic traffic and content work.

SECTION 07 · 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 for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.



— 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

Increase posting frequency

Now 1.8 posts/wk. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Friday

Audience most active on this day at 18:00 MSK.

EFFECT

**Best window
for an
important post**

03

Increase video posts share

Video in Telegram holds audience longer & is favored by the algorithm. Aim for 15-25%.

EFFECT

**Video retains
audience
better**

04

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**

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 point.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in a few minutes using public data.
To go further — run ads through us and hit your growth target
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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