

PUBLIC PROMTPRESS REPORT

Channel audit

Zlatushka



@babbiebuttt

How to work with me / join the fitness project: https://t.me/fitnessbabbie_bot?start=start01 Sports goods: <https://fitbabbie.shop> My app for counting...

SUBSCRIBERS

130 161

+3505 per month

ERR (% SEE POSTS)

24.0%

last day 7.0%

REACH/POST

30.7K

ad reach 9.1K/24h

— CONTENT · 2026

What's inside the report

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09 Strategy

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. Subtitle under the number shows the period it covers.

 SUBSCRIBERS 130 161 —	 SUBS REACH 23.59% avg % subs see post	 VIEWS/POST 30.7K median 30.7K · 4 days	 POSTS/WEEK 2.8 for period
 7D TREND — no data for period	 REACTIONS/POST 3.0 6 reactions, 472 reposts, 42 comments	 POST LENGTH 774 chars median 774 · 4 days	 POSTS ANALYZED 2 4 days
 AD REACH 9.1K 24h avg	 CHURN / MONTH +3505 last month	 CITATION RATE 1 citation index · 25 channels mentioned all time	 CHANNEL AGE 5 years 2 months created 15.04.2021

AI EDITOR SUMMARY

Channel «Zlatushka» — 130 161 subs. Each post avg views 30.7K people (24% of subs), avg reach — room to grow. Posts 3 posts per 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 SHARE

- 01 Analysis based on 2 posts over 4 days.
- 02 Dominant format — Text (1/2 posts).
- 03 Avg post length — 774 chars (median 774).
- 04 Peak audience activity — Wednesday, 19:00 MSK.
- 05 Top posts get 1x more views than the weakest (20.5K avg for top vs 30.7K for worst) — among 2 posts in 4 days. Analyze what the top has in common: topic, format, timing.

TOP 2 POSTS

Nº1	27.05 · 16:46	TEXT	UPDATED NAVIGATION FOR THIS CHANNEL HOW TO WORK WITH ME / BUY COURSE? https://t.me/fitnessbabbie_bot?start=start01 Buy...	VIEWS	REACTIONS
				32 708	4
Nº2	01.06 · 16:24	VIDEO	I EAT RIGHT BUT DON'T LOSE WEIGHT How the healthy eating trap works? 4 SIMPLE STEPS IN NUTRITION that will lead you to your dream body and...	REP.	ER
				384	25.1%

WORST 2

↓	27.05 · 16:46	TEXT	UPDATED NAVIGATION FOR THIS CHANNEL HOW TO WORK WITH ME / BUY COURSE? https://t.me/fitnessbabbie_bot?start=start01 Buy...	VIEWS	REACTIONS
				32 708	4
				REP.	ER
				384	25.1%

↓ 01.06 · 16:24 VIDEO I EAT RIGHT BUT DON'T LOSE WEIGHT👉 How the healthy eating trap works? 4 SIMPLE STEPS IN NUTRITION that will lead you to your dream body and...		VIEWS	REACTIONS
		28 704	2
		REP.	ER
		88	22.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

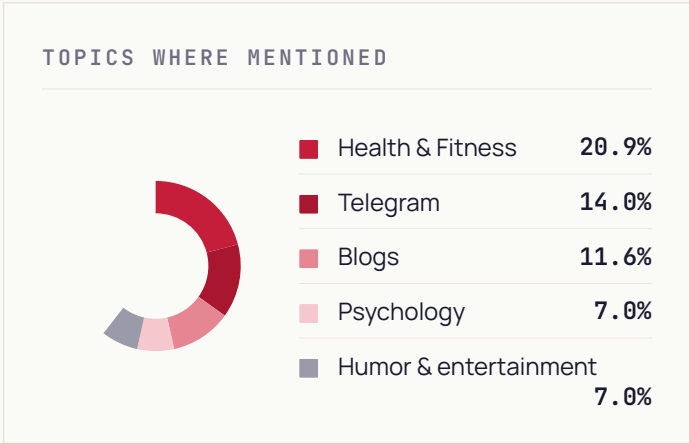
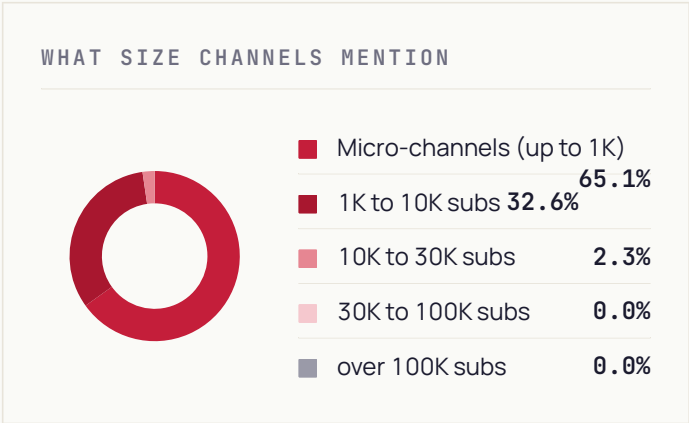
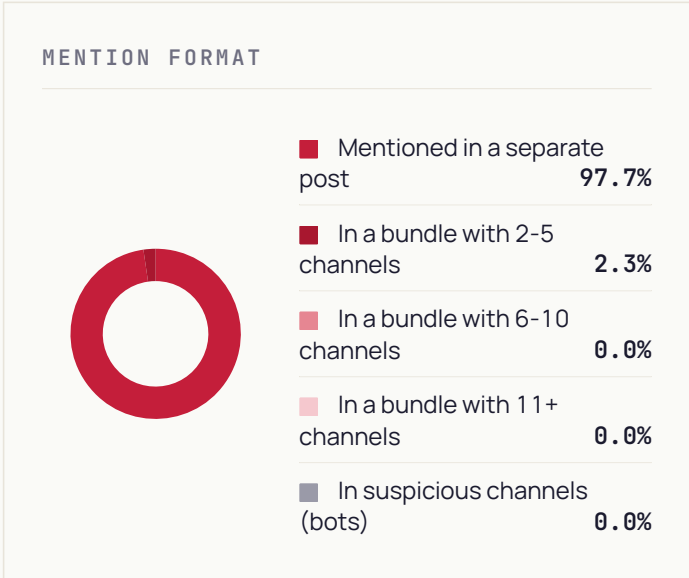
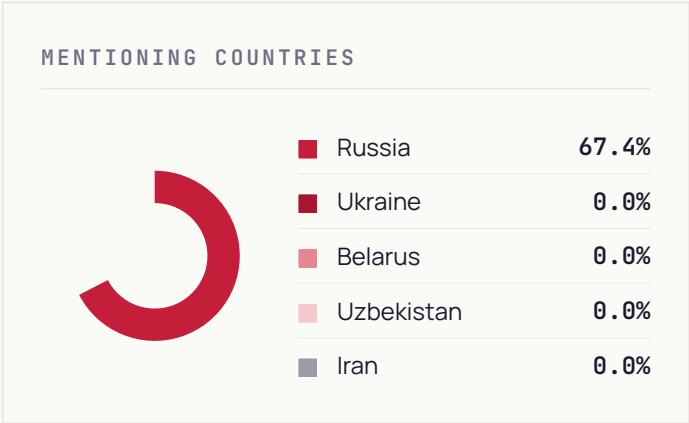
Subscriber growth chart for the year. Key months show exact sub count. See which months the channel grew and which lost subs.



SECTION 04 · MENTIONS

Who & how mentions the channel

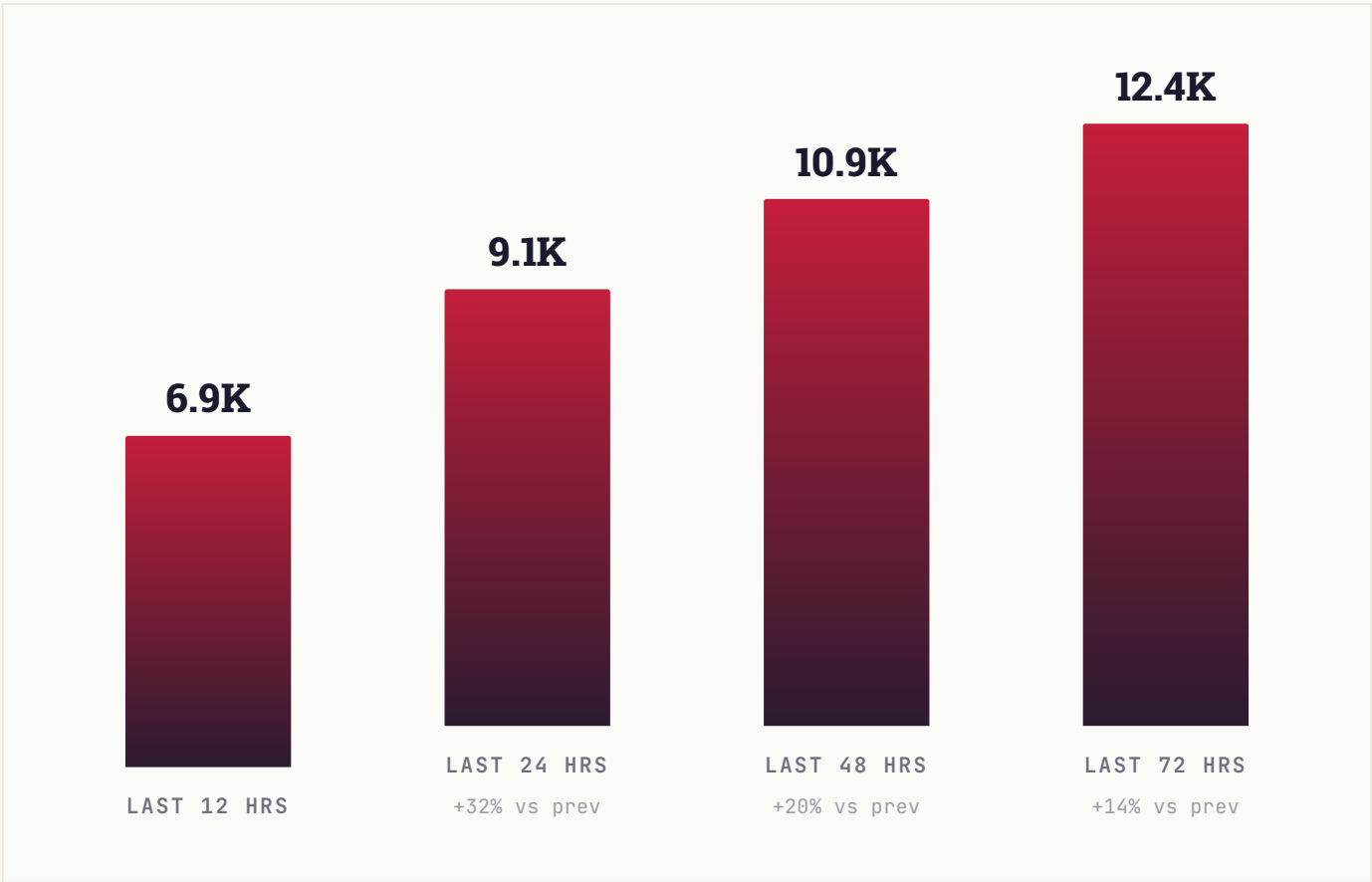
Citation index 1 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All time channel was mentioned **25** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 closest channels by topic and audience. Your channel is highlighted — see where you stand among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test Purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	479.3K
BZ Stay healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
ZL Zlatushka YOU	130.2K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#62 of 96). Niche median — 153.3K subs. First growth KPI — reach median. Leader: Test Purchase (772.4K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **5**, they brought **3 556** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
December 2025	1	1	0
Nov 2025	2	2	433
Oct 2025	0	0	92
September 2025	0	0	208
August 2025	1	1	778
July 2025	1	1	2 045

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
5	6	3 556

SECTION 08 • NICHE COMPARISON

Where channel ranks 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.

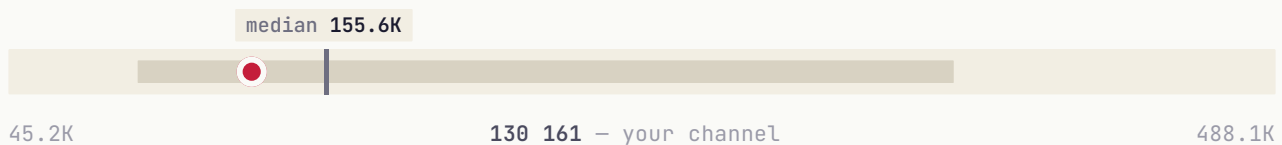
#62 /100

RANK IN NICHE

Channel in bottom half of rating

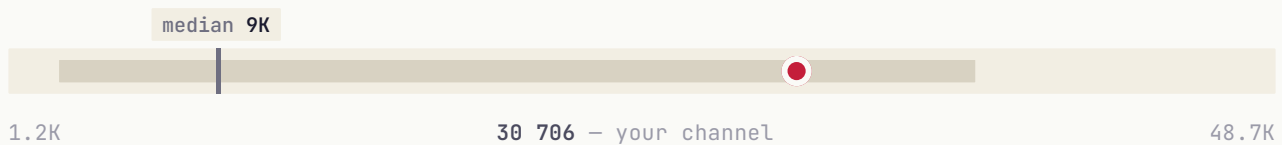
SUBSCRIBERS

16% below median



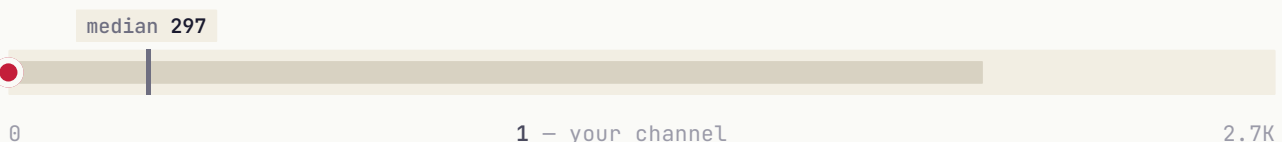
AVG REACH / POST

better than 80% of niche



CITATION INDEX

99% below median



— 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 2.8 posts/wk. Active channels average 7-10.
Consistency is key to retention. | EFFECT
Consistency > volume |
| 02 | Top post of the week — on Wednesday
Audience most active on this day at 19:00 MSK. | EFFECT
Best time for 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 & 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 |
| 05 | Cross-promo with similar channels
Swap posts quarterly with same-segment channels. No need daily — 2-3 collabs bring relevant growth. | EFFECT
Growth from relevant audience |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes from public data. Want more? Run ads with us and hit your growth target in a month.

01

**Launch ads on
Telegram**

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

02

Contact manager

t.me/PromptPress_manager