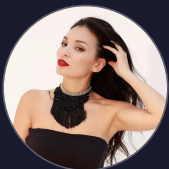


PROMTPRESS PUBLIC REPORT

Channel audit

Face Fitness • Posture with Margarita



@beauty_face_margo

Welcome to my channel 😊! I'm Margarita, a professional facelift trainer and blogger 🥰! To purchase the course, write here 📩📩📩.
@Margo_beauty_kurs

SUBS

10 518

ERR (% SEE POSTS)

10.0%

REACH/POST

932

+260 per month

per day 3.1%

ad reach 324/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · insights

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05 Competitors

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08 Strategy

5 priority actions

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 10 518 —	 SUBSCRIBER REACH 8.86% avg % of subs see post	 VIEWS/POST 932 median 879 · 26 days	 POSTS/WK 3.0 over period
 7D TREND — no data for period	 REACTIONS/POST 12.7 only 140 reactions, 35 reposts, 10 comments	 POST LENGTH 443 chars median 305 · 26 days	 POSTS ANALYZED 11 26 days
 AD REACH 324 24h avg	 CHURN / MONTH +260 last month	 CITATION RATE 0 citation index (cumulative)	 CHANNEL AGE 5 years 6 months created 19.12.2020

AI EDITOR SUMMARY

Channel «Facefitness•Posture with Margarita 👑» — 10 518 subs. Each post gets on avg 932 people (9% from subs), reach is low — consider expanding audience. Publishes 3 posts per week (~0 per day) — rare publications.

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 11 posts over 26 days.
- 02 Dominant format — Video (10/11 posts).
- 03 Avg post length — 443 chars (median 305).
- 04 Peak audience activity — Saturday, 13:00 ALMT.
- 05 Top posts get 2x more views than the weakest (1.2K avg for top vs 799 for worst) — among 11 posts in 26 days. Analyze what top posts share: topic, format, time.

TOP 5 POSTS

№106.06 · 08:46VIDEO	VIEWS		REACTIONS	
	1 273		33	
Hi my 40 years 🥰❤️ Today I officially join the ranks of beautiful forty-year-old queens 👑. Girls, meet me)), I think we...	REPOSTS		ER	
	1		12.1%	
№211.06 · 16:32VIDEO	VIEWS		REACTIONS	
	1 248		17	
No city charges me like Almaty with its mountains, rivers and trees that give such powerful energy that...	REPOSTS		ER	
	1		11.9%	
№310.06 · 17:19VIDEO	VIEWS		REACTIONS	
	1 186		7	
Many wait for Monday. Many wait for motivation. But results come to those who just do it.💞 Even when they don't feel like it. Just 20...	REPOSTS		ER	
	1		11.3%	

Nº4

07.06 · 11:38

PHOTO

Grab the deal 🥰🎉👉 Tap 👉👉👉🎁 https://taplink.cc/margo_beauty/p/f3208c/

VIEWS	REACTIONS
1170	6
REPOSTS	ER
2	11.1%

Nº5

16.06 · 10:22

VIDEO

It's never too late to start taking care of yourself, your body, your face! NEVER TOO LATE WHILE YOU'RE ALIVE ❤️. Self-love is not about inaction...

VIEWS	REACTIONS
902	9
REPOSTS	ER
2	8.6%

|

WORST 3

↓

21.06 · 14:37

VIDEO

In summer you can exercise right outside 🥰🔥, it's such a vibe! I combine exercises from my online club + add push-ups...

VIEWS	REACTIONS
840	11
REPOSTS	ER
1	8.0%

↓

20.06 · 10:04

VIDEO

I love that at 40 I still keep my lightness. Lightness of body, thanks to club workouts 👉...

VIEWS	REACTIONS
810	9
REPOSTS	ER
1	7.7%

↓

19.06 · 12:05

VIDEO

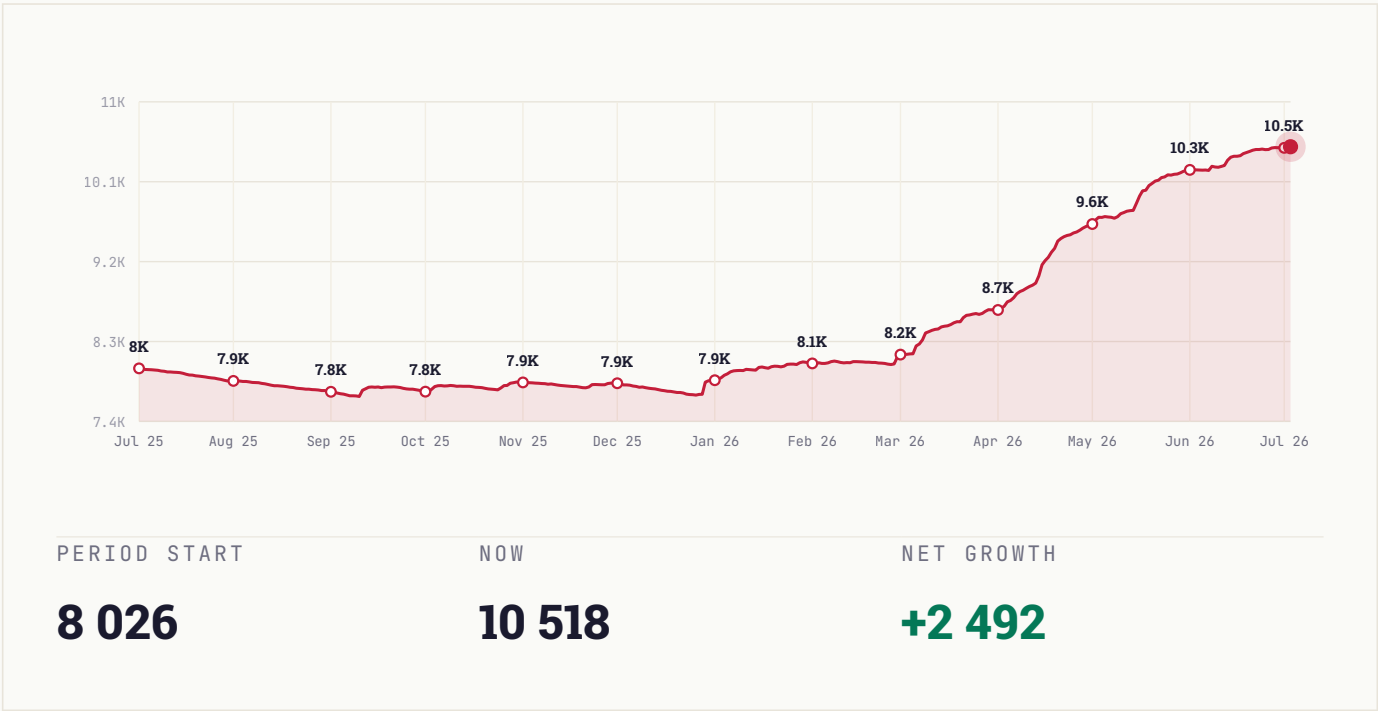
🌸 Girls, just a reminder: you can get such results in my online club for posture, neck and face work. Regular sessions help...

VIEWS	REACTIONS
749	10
REPOSTS	ER
1	7.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

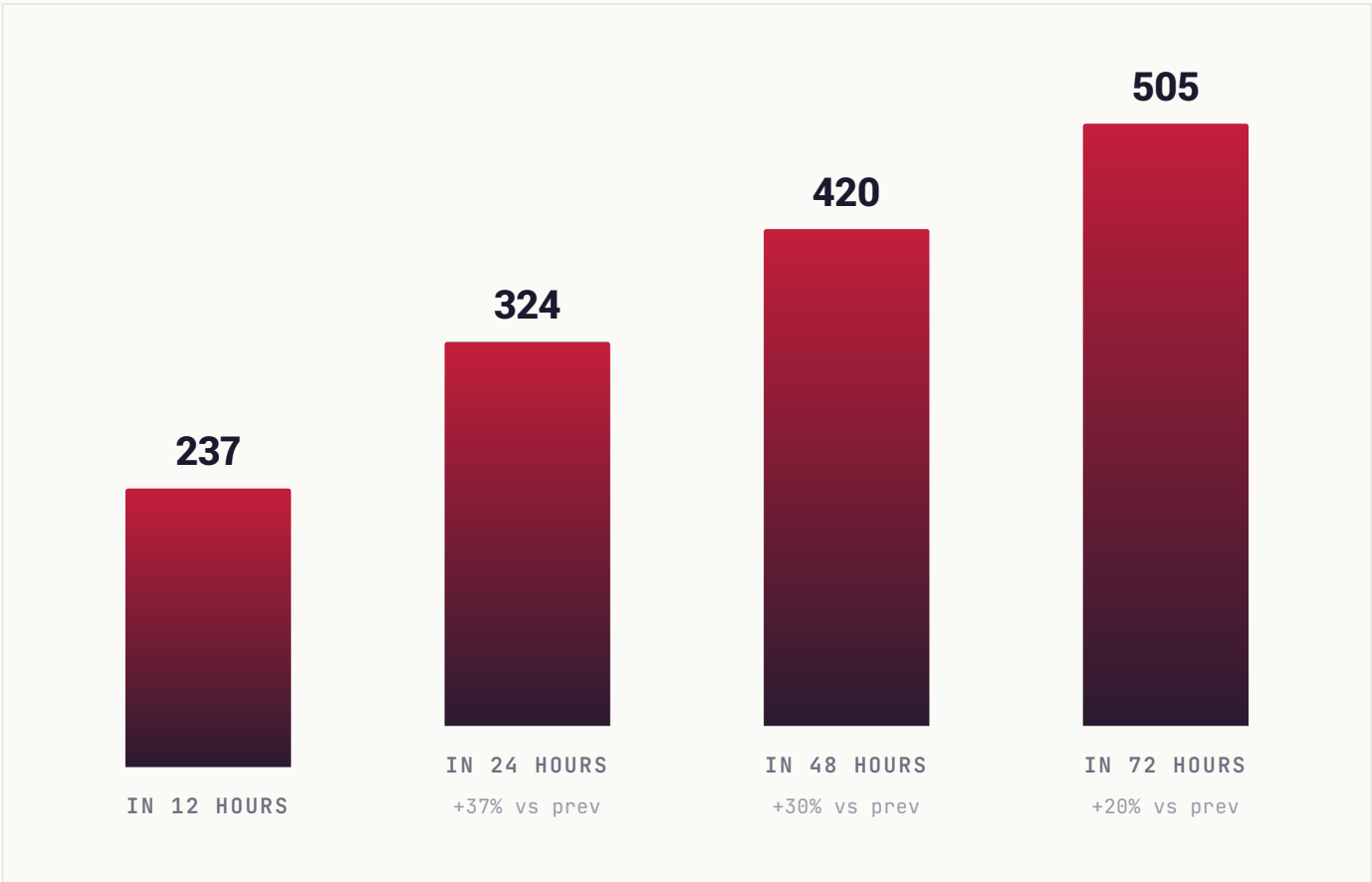
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post generates reach

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



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBS
CTR Svetlana Travnica	30.2K
L7 Lottery 7 Official Crypto	27.2K
FS Face Fitness•Posture with Margarita 👑 YOU	10.5K
HK Herbalife Казахстан	8.5K
PS Useful tips Serle sandyq	6.4K
ӨҮ Өмір үйлесімі 🧘	6.2K
ДГ DOCTOR Голод	4.4K
МН Meta Health Академия здоровья	4K
AM Amway_для_N	3.6K
Z Zotov Herbs & Health	3.1K
МК Mechanical stress	3.1K

COMPARATIVE CONCLUSION

Channel in top 3 niches (#3 of 44 channels in category). One of the leaders — client partners can go for cross-promo with peers; for PR/reach you are a valuable media partner.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **0**, they brought **761** new subs.

PERIOD	MENTIONS	CHANNELS	GAINED SUBS
Jan 2026	0	0	247
December 2025	0	0	167
November 2025	0	0	61
October 2025	0	0	166
September 2025	0	0	119
August 2025	0	0	1
TOTAL MENTIONS	0	MONTHS OF DATA	6
		ACQUIRED SUBS	761

SECTION 07 · NICHE COMPARISON

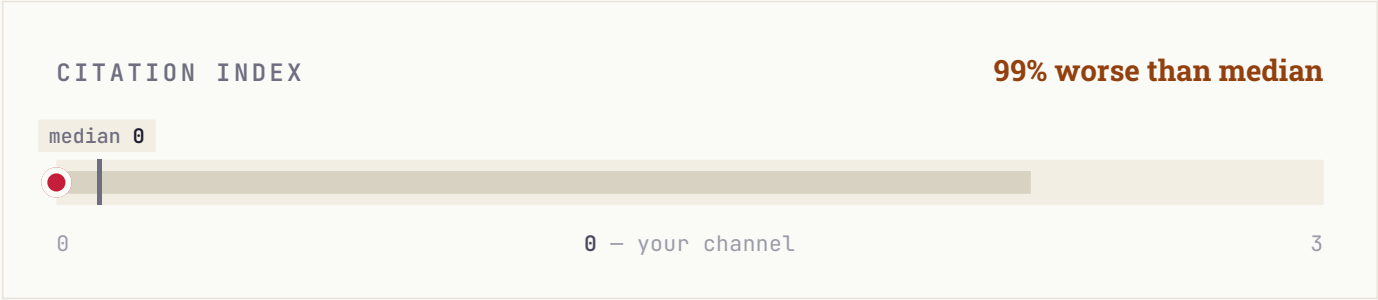
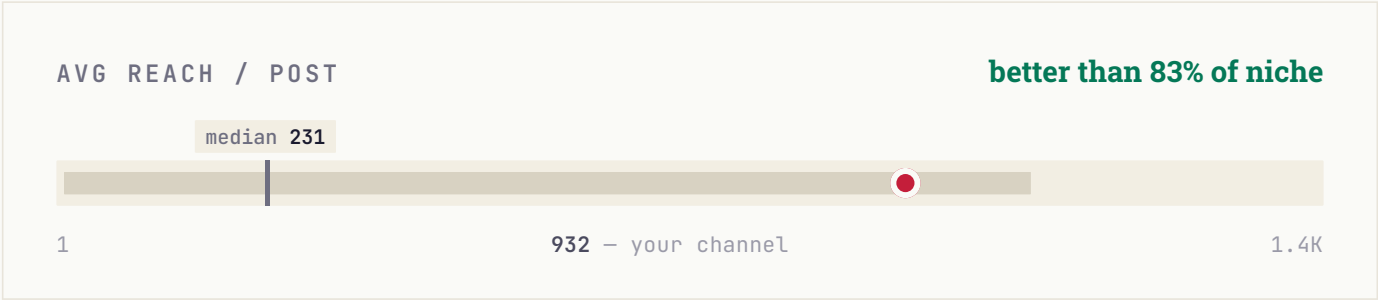
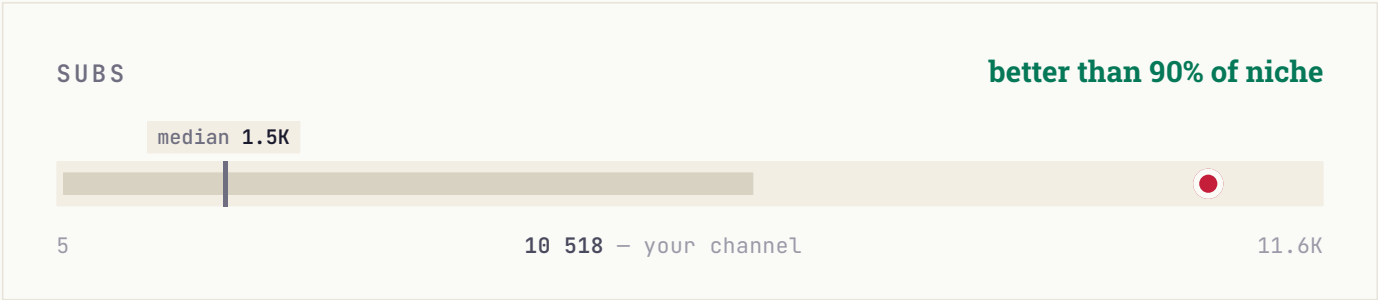
Where your channel ranks in its league

Took top-44 channels in category "Health & Fitness» and saw how your channel compares. Gray band — range of 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#3/44

RANK IN NICHE

Channel in top 6% health & fitness



— 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

Post more often

Now 3.0 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Top post of the week — on Saturday

Audience most active on this day at 13:00 ALMT.

EFFECT

**Best window
for an
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 give +5-15% ER. One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Swap posts with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

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

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
