

PROMTPRESS PUBLIC REPORT

Channel audit

Biohackers



@biohakrs

Finally a normal biohacking channel, not all that stuff. Collaboration/
ads: @vilmolodoy Write to editors: @Biohackersup RKN: <https://rkn.link/8Zg>

SUBSCRIBERS

582 604

-8354 per month

ERR (% SEE POSTS)

5.0%

Daily **3.2%**

REACH/POST

27.9K

Ad reach **18.5K**/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.

 SUBSCRIBERS 582 604 —	 SUBSCRIBER REACH 4.78% Avg % subs see post	 VIEWS/POST 27.9K Median 28.7K · 29 days	 POSTS/WEEK 39.3 For period
 7D TREND -6.3% vs previous week	 REACTIONS/POST 208.8 35,070 reactions, 58,706 reposts, 0 comments	 POST LENGTH 781 chars Median 790 · 29 days	 POSTS ANALYZED 168 29 days
 AD REACH 18.5K 24h avg	 CHURN / MONTH -8354 Last month	 CITATION RATE 4 277 Citation index · 4,550 channels mentioned ever	 CHANNEL AGE 1 year 3 months Created 01.04.2025

AI EDITOR SUMMARY

Channel «Biohackers» — 582 604 subs. Avg views per post: 27.9K people (5% subs), low reach — need to grow audience. Publishes 39 posts/week (~6/day) — active. Week Jun 22–28 reach dropped -6.3% vs week Jun 15–21 — worth analyzing causes.

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 HAVE IN COMMON

- 01 Analysis based on **168** posts in 29 days.
- 02 Dominant format — **Photo** (130/168 posts).
- 03 Avg post length — **781** chars (median 790).
- 04 Audience activity peak — **Saturday**, 10:00 MSK.
- 05 Top posts get **2x** More views than weakest (37.2K avg top vs 22.4K worst) — among 168 posts in 29 days. Worth analyzing top's common traits: topic, format, timing.

TOP 5 POSTS

Nº1 17.06 · 12:05 PHOTO What sets a confident person apart? We decided to find out what details reveal decisiveness, confidence, and talked to...	VIEWS 38 194 REPOSTS 486	REACTIONS 162 ER 6.6%
Nº2 20.06 · 07:00 PHOTO  Spring and summer for an allergy sufferer is always a lottery. Either suffer from itching and runny nose, or take a pill and drop out of life for half a day...	VIEWS 37 642 REPOSTS 170	REACTIONS 81 ER 6.5%
Nº3 17.06 · 16:00 PHOTO A selection of eye drops for all occasions There are no universal drops — choose based on discomfort cause and frequency...	VIEWS 35 739 REPOSTS 735	REACTIONS 123 ER 6.1%

Nº4 12.06 · 08:32 PHOTO Youth doesn't forgive: why the body ages prematurely At 20-30 you think your body can handle anything: overtime, 5-hour sleep...	VIEWS 35 238 REPOSTS 330	REACTIONS 157 ER 6.0%
Nº5 06.06 · 05:16 PHOTO Key rules for rosacea skincare Rosacea is a chronic inflammatory skin condition that most often appears on the cheeks...	VIEWS 34 992 REPOSTS 347	REACTIONS 96 ER 6.0%

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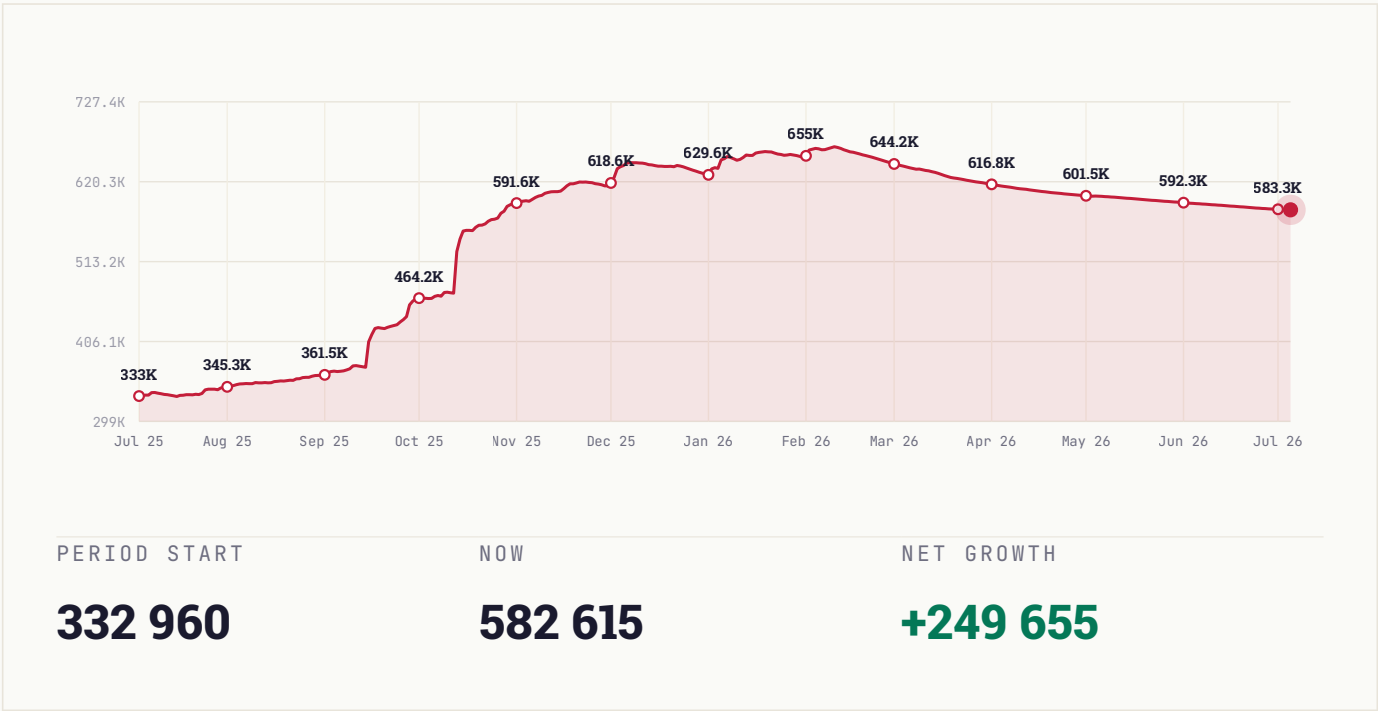
WORST 3

↓ 01.07 · 08:32 VIDEO Books that work as a sedative and relieve stress – for those tired of harshness, anxious plots, and endless drama, created...	VIEWS 22 628 REPOSTS 233	REACTIONS 144 ER 3.9%
↓ 01.07 · 16:00 PHOTO Beans have become a trendy health food among Gen Z As Bloomberg writes, the product that quietly sat somewhere between grains and canned goods for years...	VIEWS 22 588 REPOSTS 169	REACTIONS 213 ER 3.9%
↓ 01.07 · 12:05 PHOTO Best of the month: from longevity rules to vacation first-aid kit We've compiled top materials you read, saved, and shared most...	VIEWS 22 098 REPOSTS 191	REACTIONS 88 ER 3.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

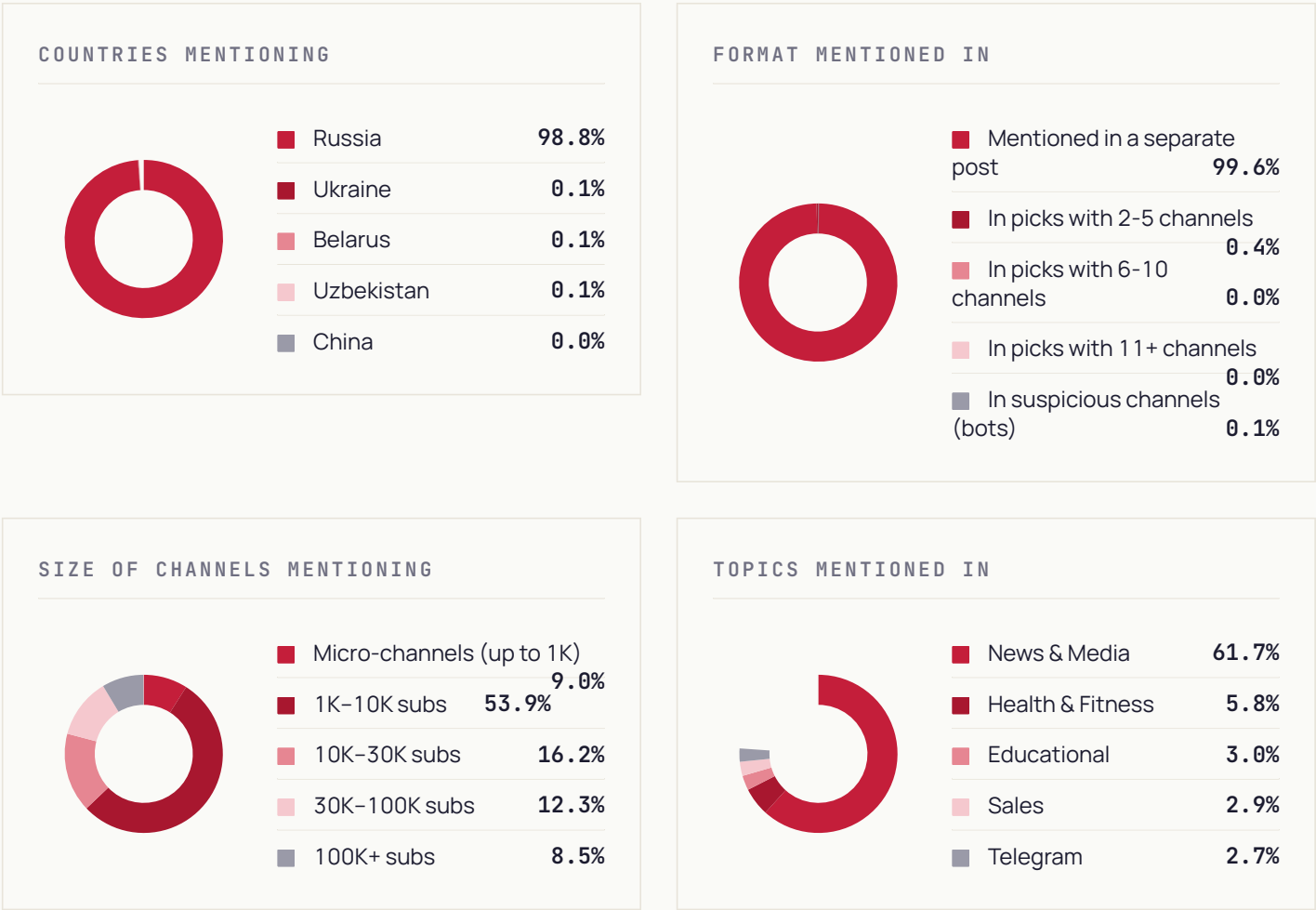
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

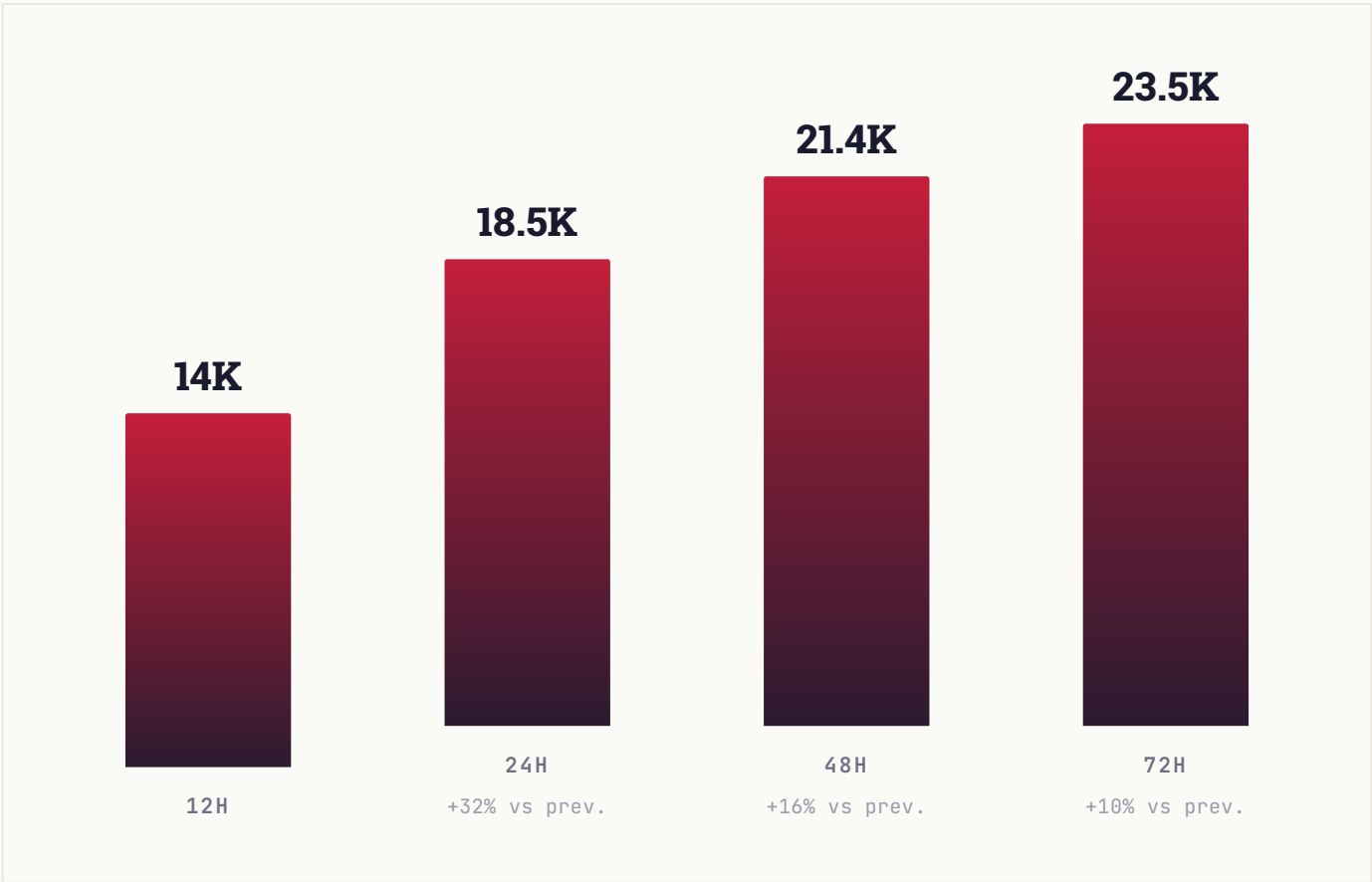
Citation index **4 277** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100k subs channel weighs more than from 1k subs. All time channel was mentioned **4 550** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



— SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KZ Test purchase	768.4K
BI Biohackers YOU	582.6K
BI Biohacking	533.5K
SL Sport Life	525.1K
VN Eternity in Tibet	494.1K
NT Our body	481.6K
AU Ales Ulishenko Osteopath, PhD Author of faceplasty	477.8K
BZ Stay healthy	448.2K
ZE Healthy food	417.5K
DZ Doctor Zubareva / Doctor Zubareva	413.8K
HS Homo Sapiens	367.3K

COMPARATIVE CONCLUSION

Channel in Top-2 niche (#2 of 97 channels in category). One of the leaders — client-partners can cross-promo with equals; for PR/reach you're a valuable media partner.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention your channel. Over the last **6 months** Such mentions: **14 377**, they brought **356 778** New subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	1 409	1 057	38 752
December 2025	2 034	1 583	33 147
November 2025	2 332	1 728	29 649
October 2025	4 126	2 556	131 201
Sep 2025	3 884	2 339	106 309
August 2025	592	551	17 720

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
14 377	6	356 778

SECTION 08 · NICHE COMPARISON

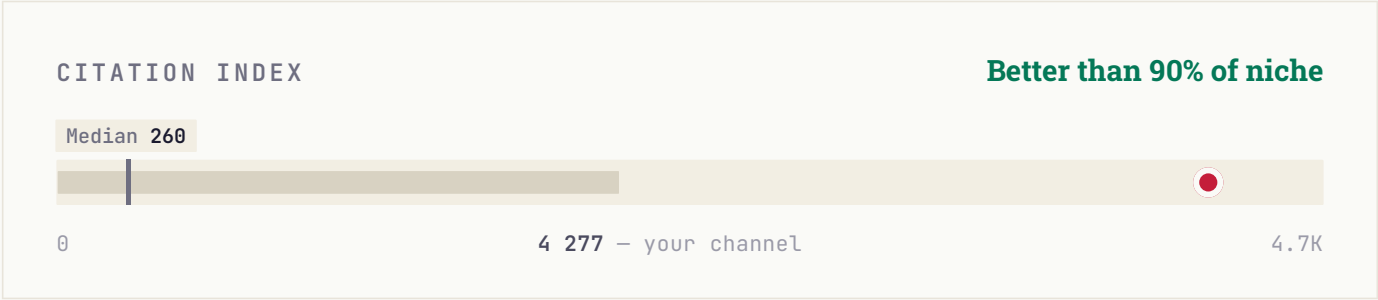
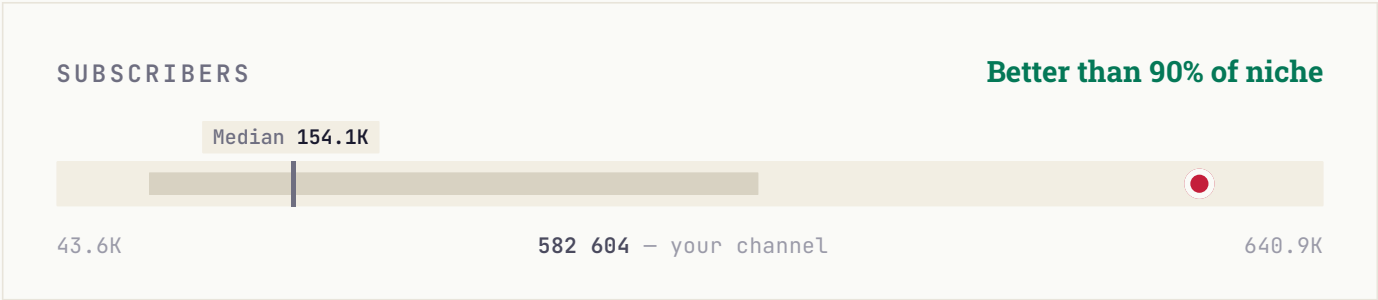
Where the channel stands in its league

Took top-100 Channels in category "Health & Fitness» (Russia) and saw how your channel compares. Gray band — range covering 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#2/100

POSITION IN NICHE

Channel in top 2% Health & Fitness Russia



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and return to 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 window
for an
important post**

02

ER below niche benchmark — rethink formats

Current ER 4.78% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+2.2pp ER

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

Quarterly exchange posts with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes using 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
