

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Taking courses, reading books, training & sports



@books_and_trainings

Daily: - we post one short brain warm-up - you train - then speed through your courses, read books, work Registration in RKN:...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
30 030	4.0%	1.1K
-74 per month 13.07.2026	in 24h 1.8% HTTPS://PROMTPRESS.COM/AUDIT/BOOKS_AND_TRAININGS	ad reach 543/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 30 030 —	 SUBS REACH 3.63% avg % subs see post	 VIEWS/POST 1.1K median 1.1K · 29 days	 POSTS/WEEK 15.0 for the period
 7D TREND -7.0% vs previous week	 REACTIONS/POST 24.7 total 1,533 reactions, 242 reposts, 335 comments	 POST LENGTH 401 chars median 286 · 29 days	 POSTS ANALYZED 62 29 days
 AD REACH 543 24h avg	 CHURN / MONTH -74 last month	 CITATION RATE 18 citation index · 46 channels mentioned all time	 CHANNEL AGE 4 years 2 months created 28.04.2022

AI EDITOR SUMMARY

Channel 'Taking courses, reading books, training and sports' – 30 030 subs. Each post averages 1.1K people (4% of subs), reach is low – consider expanding audience. Publishes 15 posts per week (~2/day) – regular schedule. For week Jun 29 – Jul 5 reach dropped -7.0% to week 22–28 Jun – worth analyzing reasons.

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 62 posts over 29 days.
- 02 Dominant format — Text (30/62 posts).
- 03 Avg post length — 401 chars (median 286).
- 04 Peak audience activity — Wednesday, 08:00 MSK.
- 05 Top posts get 2× more views than the weakest (1.4K avg top vs 806 worst) — among 62 posts in 29 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 14.06 · 04:42 TEXT Our options: A – Scarlet B – Turquoise C – Cornflower D – Clay – brown E – Denim – blue F – Spruce G – Yellow H – Gold...	VIEWS 1 450 REPOSTS 4	REACTIONS 27 ER 4.8%
Nº2 20.06 · 04:38 PHOTO Now try the #SchulteTable exercise. 🎯 Task: keeping your gaze at the center, find numbers 1–25, then in reverse...	VIEWS 1 417 REPOSTS 6	REACTIONS 30 ER 4.7%
Nº3 29.06 · 04:38 PHOTO Next up: a blast of a warm-up! Sending the reactive rocket 'Advance-1' to the planet of knowledge. For a safe landing, you need to...	VIEWS 1 380 REPOSTS 7	REACTIONS 23 ER 4.6%

Nº4 14.06 • 04:05 TEXT Good morning! Start your workout with respect #TongueTwister. 🎯 Task: read each tongue twister 3 times, gradually increasing...	VIEWS 1 360 REPOSTS 9 REACTIONS 25 ER 4.5%
Nº5 26.06 • 04:38 TEXT Now move to the #RhymeIt exercise! 🎯 Task: fill in the missing words and comment «+» when done...	VIEWS 1 360 REPOSTS 2 REACTIONS 26 ER 4.5%

WORST 3

↓ 09.07 • 04:35 PHOTO Hi! A productive day starts with a logic puzzle! 🎯 Task: arrange the sinks in the correct order using...	VIEWS 844 REPOSTS 3 REACTIONS 19 ER 2.8%
↓ 10.07 • 04:38 VIDEO #FingerGym – not just a boost of energy and focus, but also a great way to relax. Rest, as we know, is a change...	VIEWS 803 REPOSTS 4 REACTIONS 23 ER 2.7%
↓ 10.07 • 04:35 TEXT Good morning! ☀️ First exercise – #Anticipation. Broadly, this term means foreseeing or predicting content...	VIEWS 773 REPOSTS 1 REACTIONS 35 ER 2.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

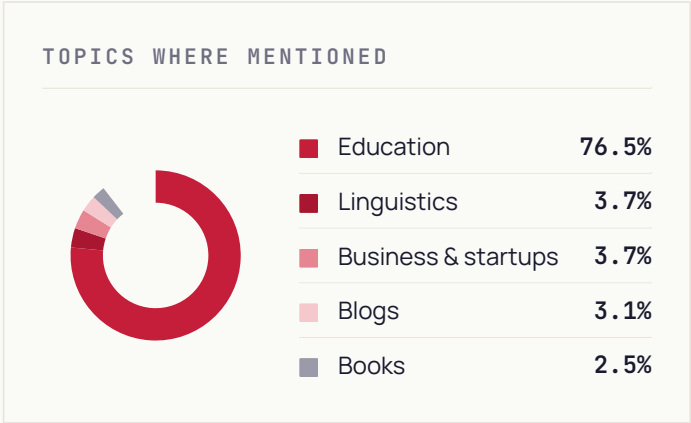
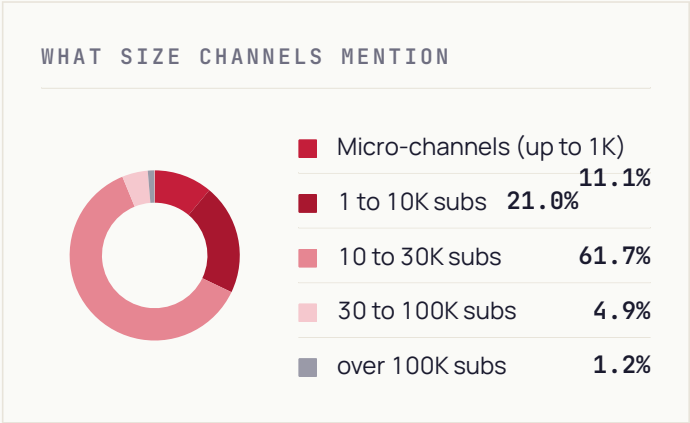
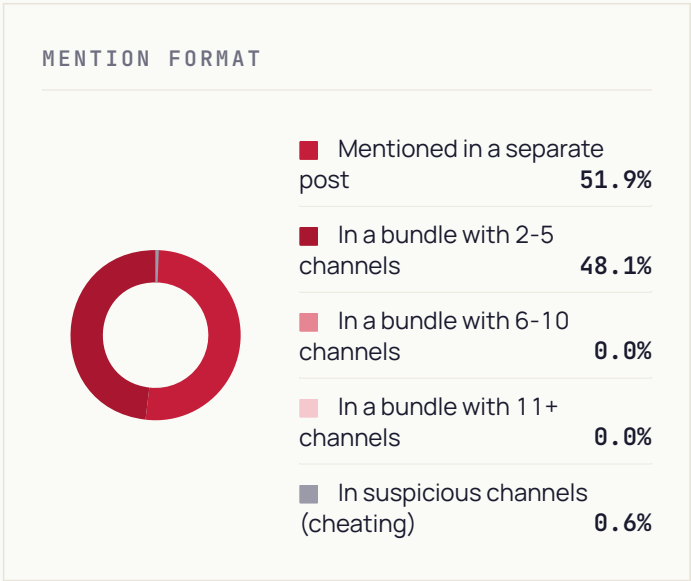
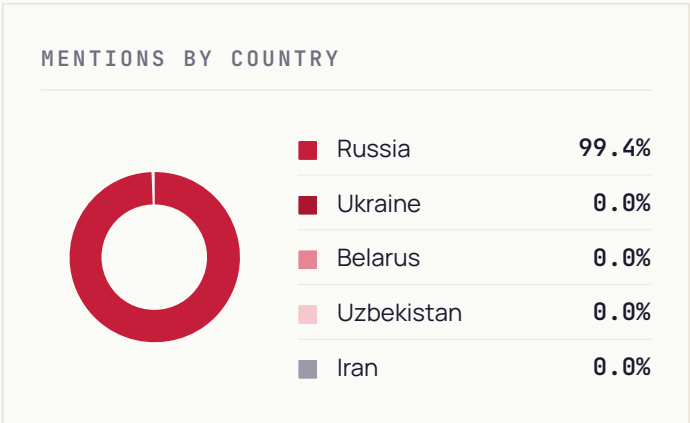
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subscribers.



SECTION 04 · MENTIONS

Who and how mentions the channel

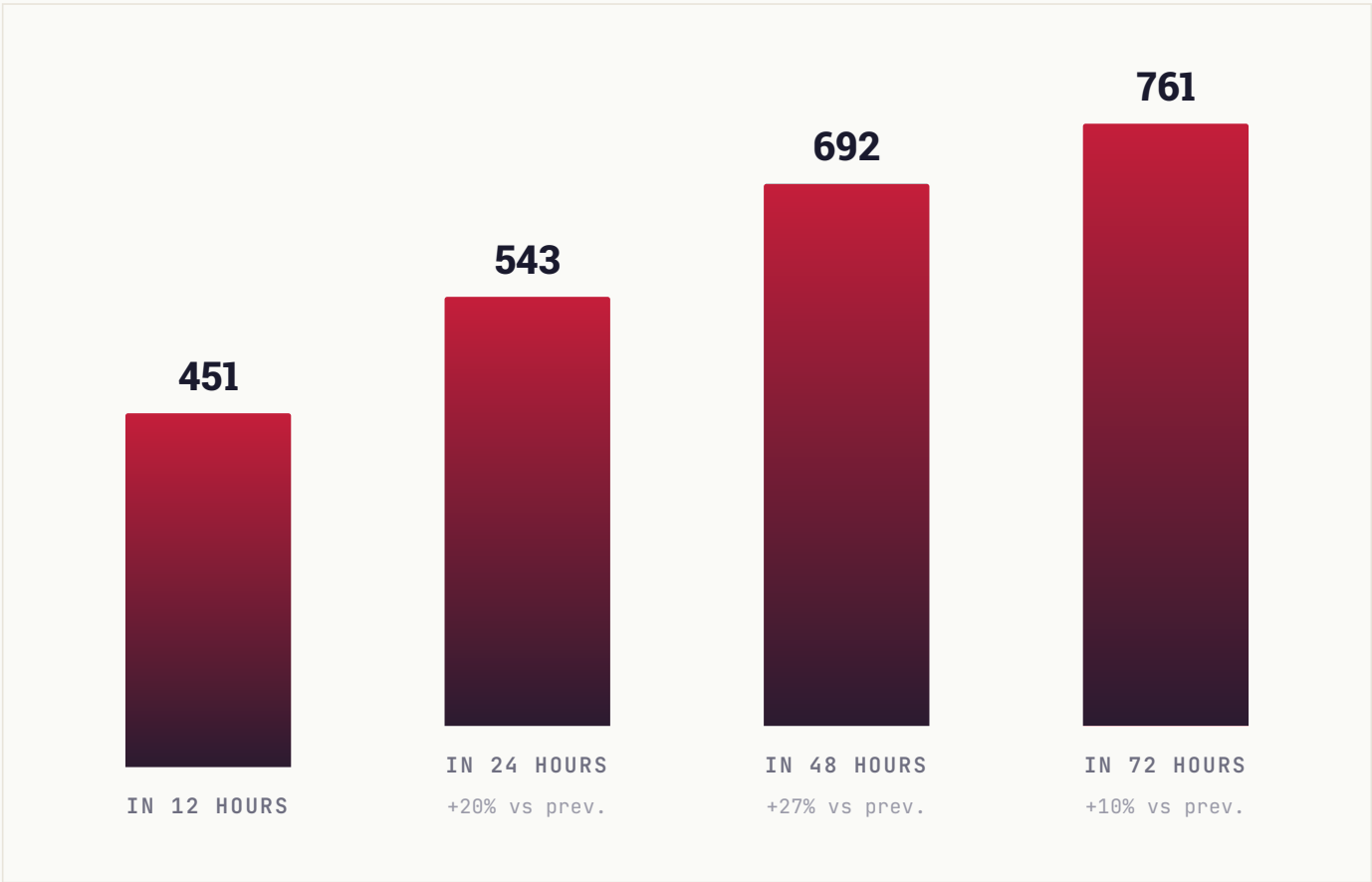
Citation index **18** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a channel with 100K subs weighs more than from 1K subs. All time the channel was mentioned **46** different channels.



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 should 'live'.



— SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
Mم Manjmy منجمی	406.4K
BO Free education	312.1K
UF UDEMY FREE Coursevania	257.7K
MO My Education	234.9K
EC Extreme Cursos	173.3K
FC Free Courses With Certificates!	168.7K
كو كورسات ووظائف مجانية	152K
نن نیما نیکخواه یوتیوب گرام 💎	149.9K
لا لوعة الفراق	138.3K
WD Web Development	133.5K
PC Taking courses, reading books, training & sports YOU	30K

COMPARATIVE SUMMARY

Channel in bottom half of top-100 niche (#72 of 100). Niche median — 43.6K subs.
First growth KPI — reach the median. Leader: Manjmy منجمی (406.4K).

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 **2**, they brought **822** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	0	0	159
December 2025	0	0	82
November 2025	0	0	168
October 2025	1	1	61
Sep 2025	0	0	73
August 2025	1	1	279

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
2	6	822

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Courses and guides» (Russia) and saw how your channel looks against them. Gray band — range where 80% of niche channels fall (p10 to p90). Black vertical — median. Red dot — your channel.

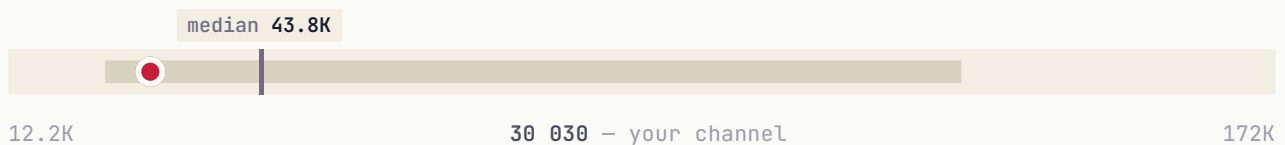
#72 /100

POSITION IN NICHE

Channel in the bottom half of the ranking

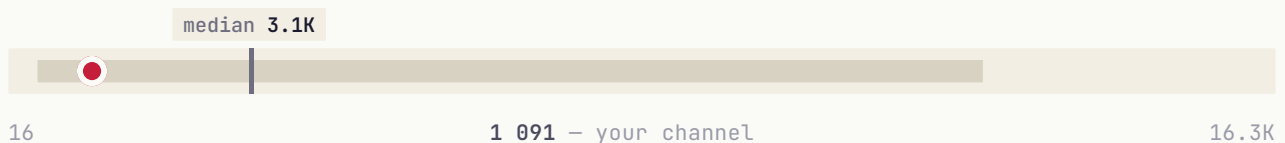
SUBSCRIBERS

31% below median



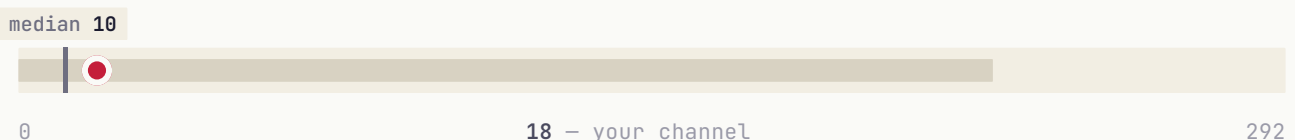
AVG REACH / POST

65% below median



CITATION INDEX

better than 51% of niche



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check them off and return to this report in a month.

01

Main post of the week — on Wednesday

On this day at 08:00 MSK the audience is most active.

EFFECT

**Best window
for an
important post**

02

Increase video post share

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

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 3.63% vs norm 6.0%. Try polls & interactive formats.

EFFECT

+2.4pp ER

04

System traffic buy

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

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want us to do this PromptPress?

This audit — what we can do in minutes from public data. To go further — run ads with 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