

PROMTPRESS PUBLIC REPORT

Channel audit

Be Healthy



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@DiggSale (no payments) Collaboration: @domikads

SUBSCRIBERS

41 925

-658 per month

ERR (% WHO SEE
POSTS)

5.0%

last day 2.5%

REACH/POST

1.8K

ad reach 1K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 41 925 —	 SUBS REACH 4.39% avg % of subs see post	 VIEWS/POST 1.8K median 2K · 29 days	 POSTS/WEEK 41.6 for period
 7D TREND -7.3% vs previous week	 REACTIONS/POST 14.5 total 2,547 reactions, 4,286 reposts, 0 comments	 POST LENGTH 105 chars median 56 · 29 days	 POSTS ANALYZED 176 29 days
 AD REACH 1K 24h avg	 CHURN / MONTH -658 last month	 CITATION RATE 551 citation index · 488 channels mentioned all time	 CHANNEL AGE 1 year 3 months created 22.03.2025

AI EDITOR SUMMARY

Channel «Be Healthy» — 41 925 subs. Each post averages 1.8K people (4% of subs), reach is low — consider expanding audience. Publishes 42 posts per week (~6/day) — active posting. For week Jun 29 – Jul 5, reach dropped -7.3% to week Jun 22–28 — 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 176 posts over 29 days.
- 02 Dominant format — Video (133/176 posts).
- 03 Avg post length — 105 chars (median 56).
- 04 Audience activity peak — Monday, 20:00 MSK.
- 05 Top posts get 2x more views than the weakest (2.3K avg for top vs 1.4K for worst) — among 176 posts over 29 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

№115.06 · 10:00VIDEO	Never sit on cold surfaces 🛑👉Stay healthy		VIEWS	REACTIONS
			2 362	21
№222.06 · 10:05VIDEO	Tests that save your life 😊👉Be healthy		REP.	ER
			19	5.6%
№317.06 · 04:05VIDEO			VIEWS	REACTIONS
			2 309	15
№317.06 · 04:05VIDEO	Each finger controls its own emotion 🤞👉Be Healthy		REP.	ER
			63	5.5%
№317.06 · 04:05VIDEO			VIEWS	REACTIONS
			2 237	25
№317.06 · 04:05VIDEO			REP.	ER
			43	5.3%

Nº4 15.06 · 18:05 PHOTO Blood-thinning products 🩸👉Stay healthy	VIEWS 2 226 REP. 54	REACTIONS 32 ER 5.3%
Nº5 30.06 · 04:05 PHOTO What happens if you sleep too little ? 👉Stay healthy	VIEWS 2 215 REP. 30	REACTIONS 15 ER 5.3%

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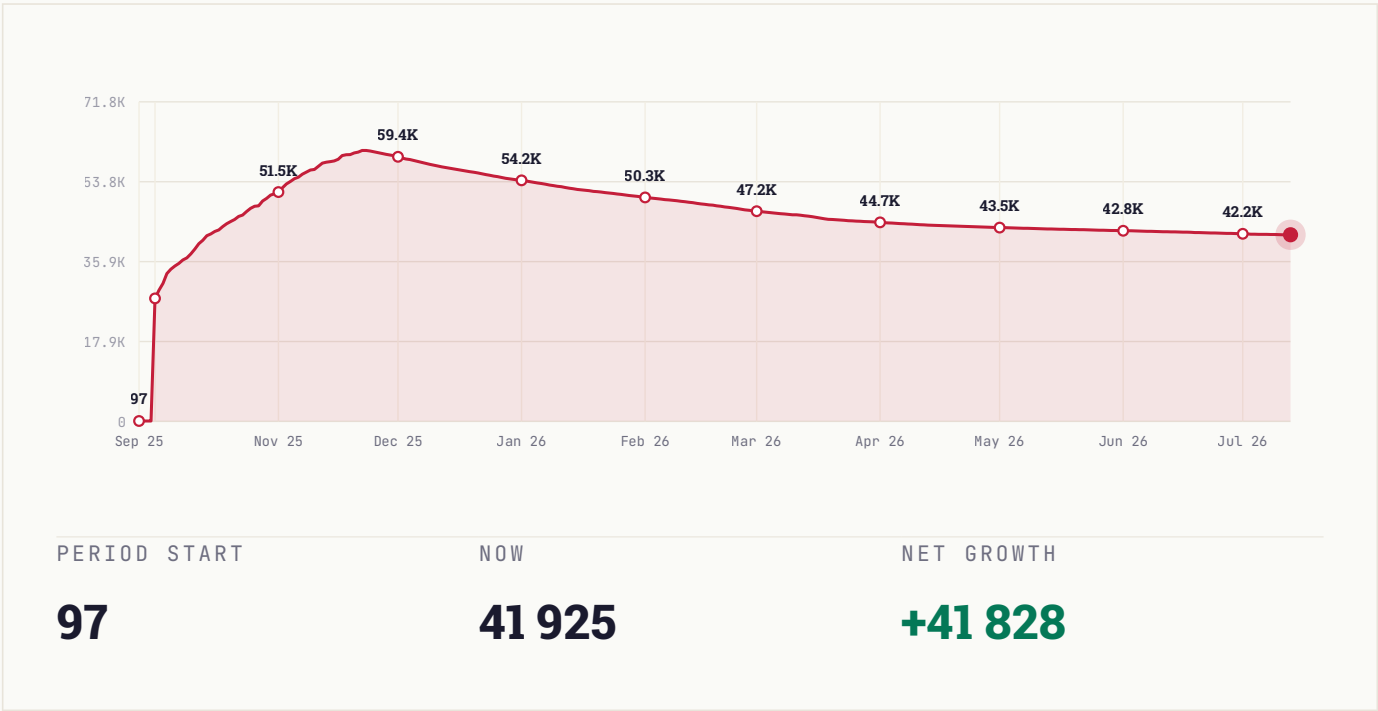
WORST 3

↓ 09.07 · 14:05 VIDEO Back pain gone & sleep normalizes! 👉👉Stay healthy	VIEWS 1 433 REP. 20	REACTIONS 9 ER 3.4%
↓ 08.07 · 10:05 VIDEO 🧘 How to Get Rid of Back Rolls 👉Stay Healthy	VIEWS 1 421 REP. 11	REACTIONS 6 ER 3.4%
↓ 09.07 · 10:05 VIDEO Why vision declines in almost everyone ? 👉Stay healthy	VIEWS 1 373 REP. 13	REACTIONS 8 ER 3.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

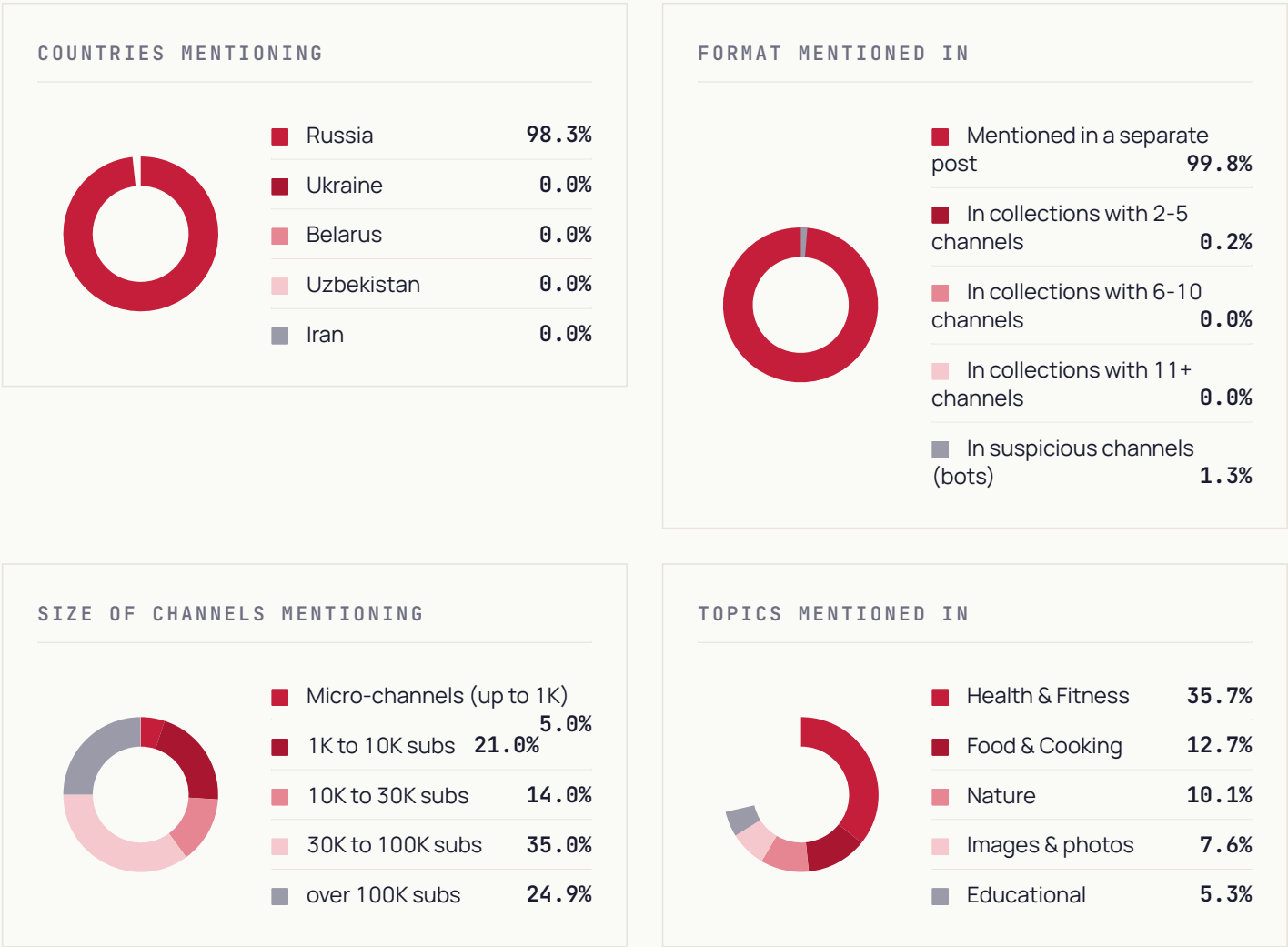
Subscriber growth chart over the year. Key months show exact subscriber count.
See which months grew and which lost subs.



SECTION 04 · MENTIONS

Who & how mentions the channel

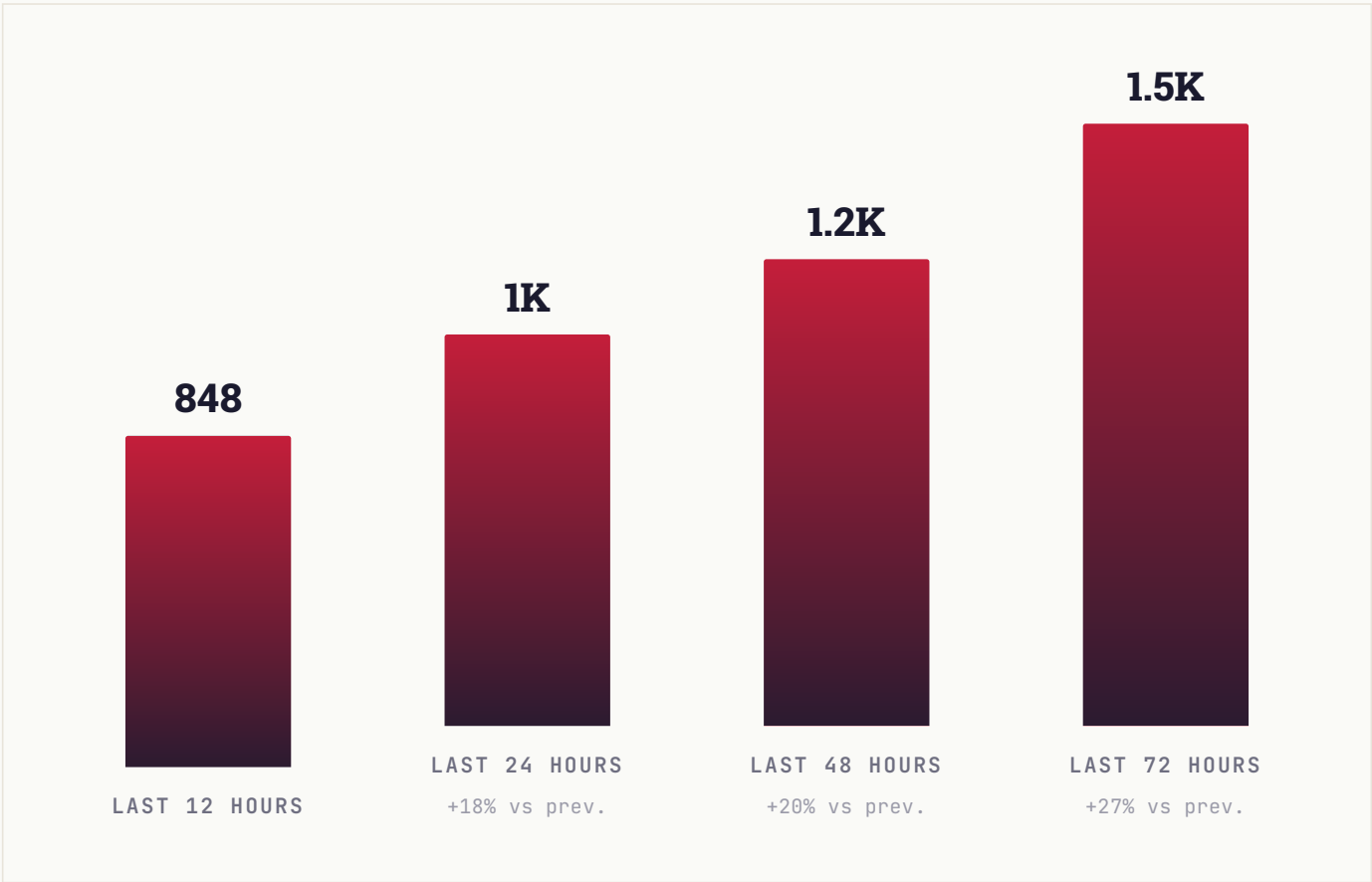
Citation index **551** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **488** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates 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
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Control purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	476.4K
BZ Stay Healthy	447.3K
BZ Be Healthy YOU	41.9K

COMPARATIVE SUMMARY

Channel not yet outside top 97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 through systematic traffic and content work.

SECTION 07 · 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 **1 085**, they brought **60 758** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
Jan 2026	0	0	0	
December 2025	13	13	0	
Nov 2025	203	175	9 716	
Oct 2025	539	374	51 040	
Sep 2025	330	261	2	
August 2025	0	0	0	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
1 085	6	60 758

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

- 01

Top post of the week — Monday

Audience is most active on this day at 20:00 MSK.

EFFECT

Best window for important post
- 02

ER below niche benchmark — rethink formats

Current ER 4.39% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+2.6pp 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 boost ER by +5-15%. One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER
- 05

Cross-promo with adjacent channels

Exchange 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 this done by **PromptPress?**

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