

PUBLIC REPORT BY PROMTPRESS

Channel audit

Nutritionist

Oksana



@careforbody

■Nutrition, health & healthy habits ■Research & tests explained simply ✂ Energy, weight, deficiencies & quality of life ■Practicing nutritionist ■Collaboration: @valery_mg ■..

SUBSCRIBERS

231 461

+38929 per month

ERR (% SEE POSTS)

52.0%

per day 44.0%

REACH/POST

120.6K

ad reach 92.4K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 231 461 —	 SUBSCRIBER REACH 52.09% avg % subs see post	 VIEWS/POST 120.6K median 131.4K · 29 days	 POSTS/WEEK 2.4 over period
 7D TREND — no data for period	 REACTIONS/POST 1827.1 total 18,271 reactions, 3,771 reposts, 0 comments	 POST LENGTH 921 chars median 999 · 29 days	 POSTS ANALYZED 10 29 days
 AD REACH 92.4K 24h avg	 CHURN / MONTH +38929 over last month	 CITATION RATE 0 citation index · 2 channels mentioned ever	 CHANNEL AGE 3 years 4 months created 03.02.2023

AI EDITOR SUMMARY

Channel «Nutritionist Oksana» — 231 461 subs. Each post averages 120.6K people (52% of subs), wide reach for a channel this size. Publishes 2 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 10 posts in 29 days.
- 02 Dominant format — Photo (8/10 posts).
- 03 Avg post length — 921 chars (median 999).
- 04 Peak audience activity — Sunday, 17:00 MSK.
- 05 Top posts get 2× more views than the weakest (136.8K avg for top vs 89.5K for worst) — among 10 posts over 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1

21.06 · 14:40

VIDEO

(captionless post — video)

VIEWS	REACTIONS
140 011	2 583
REPOSTS	ER
1	60.5%

Nº2

03.06 · 16:48

PHOTO

Recently visited the festival set at Quadrum (Four Seasons Hotel Moscow) as part of the gastronomic festival...

VIEWS	REACTIONS
135 353	1 864
REPOSTS	ER
322	58.5%

Nº3

22.06 · 15:31

PHOTO

Each of these plates has 450 calories ↗ Only in the first case these 450 calories give nothing but a short-term energy spike...

VIEWS	REACTIONS
134 976	2 055
REPOSTS	ER
1 066	58.3%

Nº4 30.05 · 14:42 PHOTO I like the approach where nutrition is not about restrictions, but about daily body support, energy levels, and well-being...	VIEWS 133 814 REPOSTS 716	REACTIONS 1 554 ER 57.8%
Nº5 25.05 · 14:05 PHOTO Omega-3: to take or not? When 'healthy fat' can be dangerous ☒ For a long time, Omega-3 was considered the gold standard...	VIEWS 131 453 REPOSTS 299	REACTIONS 1 877 ER 56.8%

|

WORST 3

↓ 27.05 · 14:34 VIDEO As a nutritionist, I've long viewed health beyond just diet ☒ So much comes from daily habits — sleep...	VIEWS 129 795 REPOSTS 151	REACTIONS 1 331 ER 56.1%
↓ 02.06 · 15:03 PHOTO ☒♀Ferritin is the main indicator of iron stores. Even with normal hemoglobin, low ferritin can cause fatigue...	VIEWS 127 570 REPOSTS 401	REACTIONS 1 434 ER 55.1%
↓ 23.06 · 14:45 PHOTO What to do if you feel heavy after eating Feeling like food is stuck, heaviness, bloating, burping, loss of appetite when...	VIEWS 11 255 REPOSTS 6	REACTIONS 2 086 ER 4.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

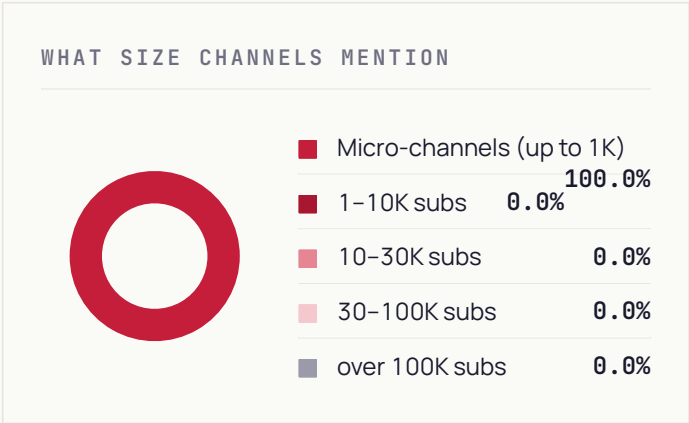
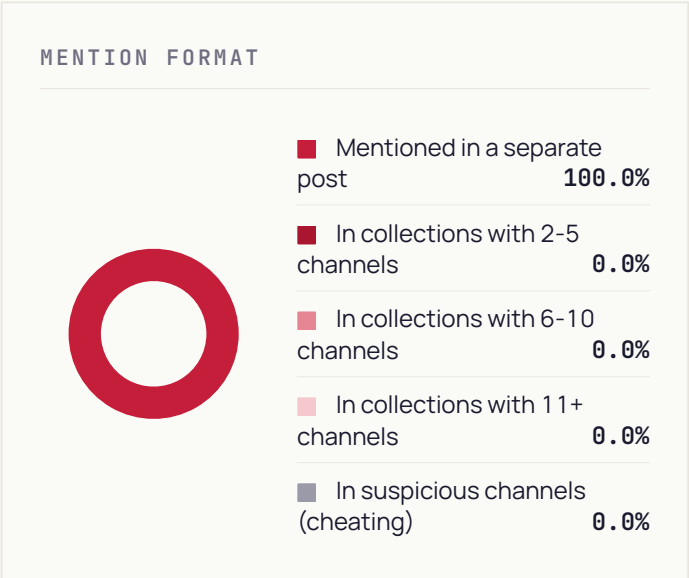
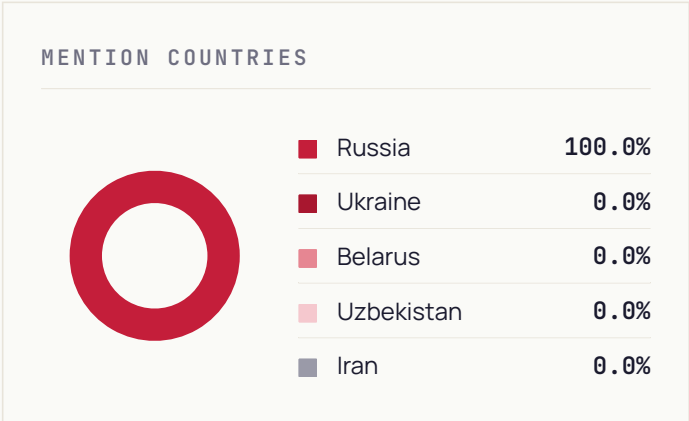
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

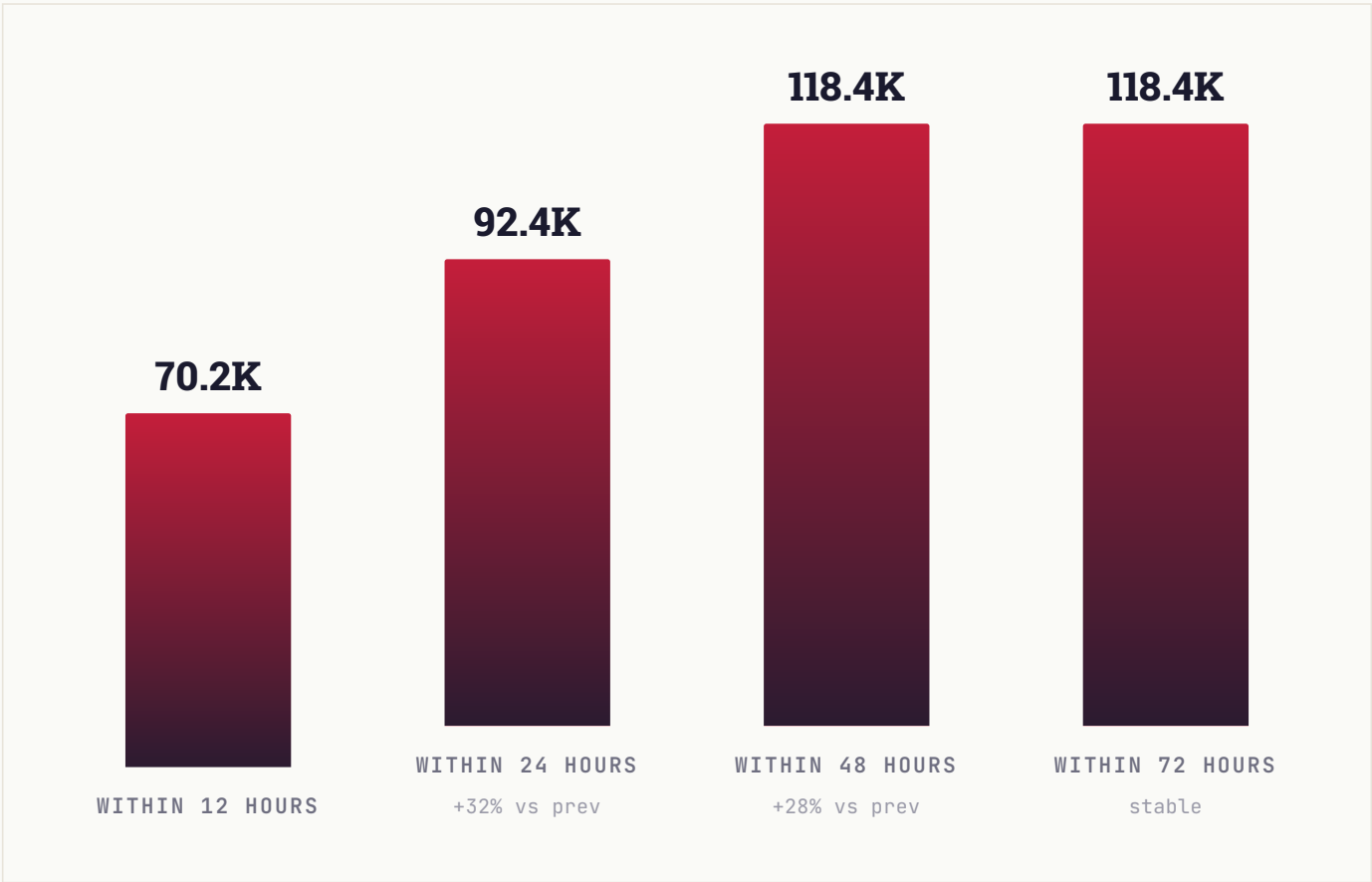
Citation index 0 – channel popularity score based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All-time mentions: 2 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps gauge how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

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 Ulishchenko Osteopath, PhD Author of faceplasty	479.3K
BZ Be healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
NO Nutritionist Oksana YOU	231.5K

COMPARATIVE INSIGHT

Channel in top half of niche (#30 of 96). Niche leader: Test purchase (772.4K), median subs 153.3K. Aim for top quartile — realistic 6-12 month horizon.

— SECTION 07 · 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.

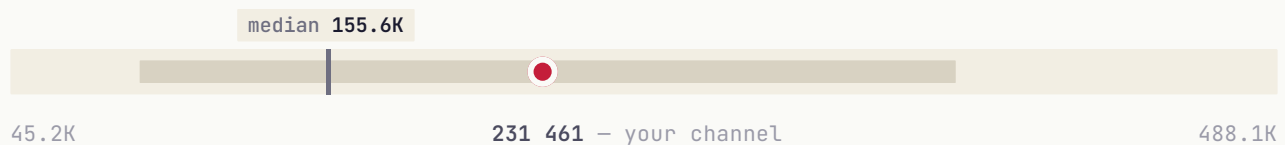
#30 /100

POSITION IN NICHE

Channel in the top half of the ranking

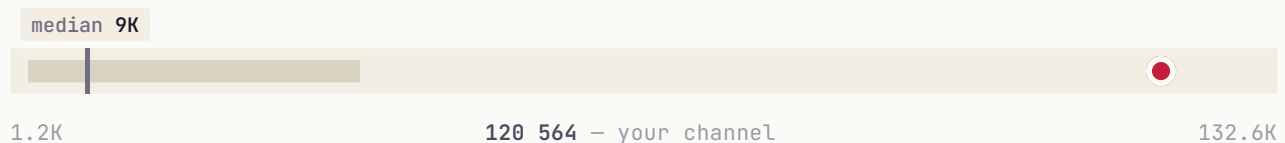
SUBSCRIBERS

better than 63% of niche



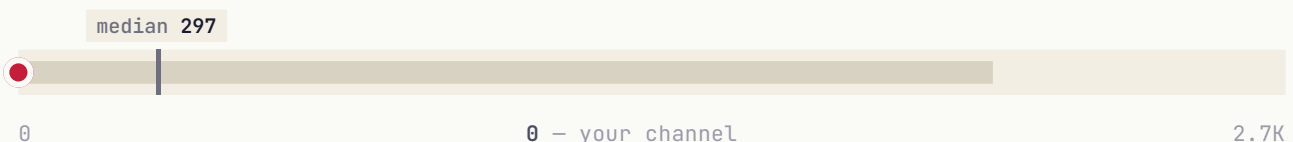
AVG REACH / POST

better than 90% of niche



CITATION INDEX

99% below median



— SECTION 08 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit this report in a month.

- | | | |
|----|---|--|
| 01 | Increase posting frequency
Now 2.4 posts/week. Active channels average 7-10.
Consistency is key to retaining audience. | EFFECT
Consistency over volume |
| 02 | Main post of the week — on Sunday
Audience is most active on this day at 5:00 PM MSK. | 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 finds sources for your niche. | EFFECT
+1000-3000 subs |
| 04 | Test polls & interactive formats
Posts with polls/reactions typically boost ER by +5-15%. One poll per week on a hot topic — easy win. | EFFECT
+5-15% ER |
| 05 | Cross-promo with neighboring channels
Swap posts with channels in the same segment 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 — what we can do in minutes using public data. Want 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
