

PUBLIC PROMTPRESS REPORT

Channel audit

CHEF VIBE



@chefvibe1

👨‍🍳 I'll make your life tastier! ➡️📱 Ads: @pavelsizov_058 My accounts:
<https://taplink.cc/chefvibe> Food blog 🍲 Original recipes 🍴 Food

SUBSCRIBERS

140 843

-4472 per month

ERR (% SEE POSTS)

36.0%

in 24 hrs 32.9%

REACH/POST

49.7K

ad reach 46.7K/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 140 843 —	 SUBS REACH 35.28% avg % subs see post	 VIEWS/POST 49.7K median 49.4K · 19 days	 POSTS/WEEK 1.5 over period
 7D TREND — no data for period	 REACTIONS/POST 899.0 total 3,596 reactions, 885 reposts, 92 comments	 POST LENGTH 832 chars median 956 · 19 days	 POSTS ANALYZED 4 19 days
 AD REACH 46.7K 24h avg	 CHURN / MONTH -4472 last month	 CITATION RATE 13 citation index · 30 channels mentioned ever	 CHANNEL AGE 3 years 6 months created 28.12.2022

AI EDITOR SUMMARY

Channel «CHEF VIBE» — 140 843 subs. Each post averages 49.7K people (35% of subs), good reach. Publishes 2 posts per week (~0/day) — rare posts.

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 SHARE

- 01 Analysis based on 4 posts in 19 days.
- 02 Dominant format — Video (4/4 posts).
- 03 Avg post length — 832 chars (median 956).
- 04 Peak audience activity — Wed, 17:00 MSK.
- 05 Top posts get 1x more views than the weakest (50.3K avg for top vs 48.9K for worst) — among 4 posts in 19 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 4 POSTS

Nº101.07 · 14:18VIDEO Cherry bumble coffee🍒🍷 Ingredients: 🍒 Ice ~ 8-10 cubes; 🍒 Chocolate syrup - 20 ml; 🍒 Cherry juice - 200 ml; 🍒 Cold coffee - 150...	VIEWS 51 960	REACTIONS 1 197
	REPOSTS 6	ER 36.9%
Nº215.06 · 13:46VIDEO Sweet-sour cranberry liqueur 🍷 Ingredients: 🍒 Cranberries - 250 g; 🍒 Vodka - 300 ml; 🍒 Heavy cream 20% - 200 ml; 🍒 Sugar - 80 g; 🍷 Preparation: 1. I...	VIEWS 49 713	REACTIONS 927
	REPOSTS 24	ER 35.3%
Nº318.06 · 12:58VIDEO Two delicious summer coffees 🍷 Strawberry glaze 🍷 Ingredients: 🍓 Fresh strawberries - 3 pcs; 🍓 Vanilla ice cream - 70 g; 🍓 Espresso - 80...	VIEWS 49 173	REACTIONS 728
	REPOSTS 13	ER 34.9%

№4	12.06 · 13:02	VIDEO	Ruddy pies 🥧🥧 Ingredients: 🥧 For dough: 🍋 Warm milk - 250 ml; 🍋 Sugar - 2 tbsp; 🍋 Fresh yeast - 35-40 g; (or 11 g instant) 🍋 Flour...	VIEWS	REACTIONS
				47 895	744
				REPOSTS	ER
				842	34.0%

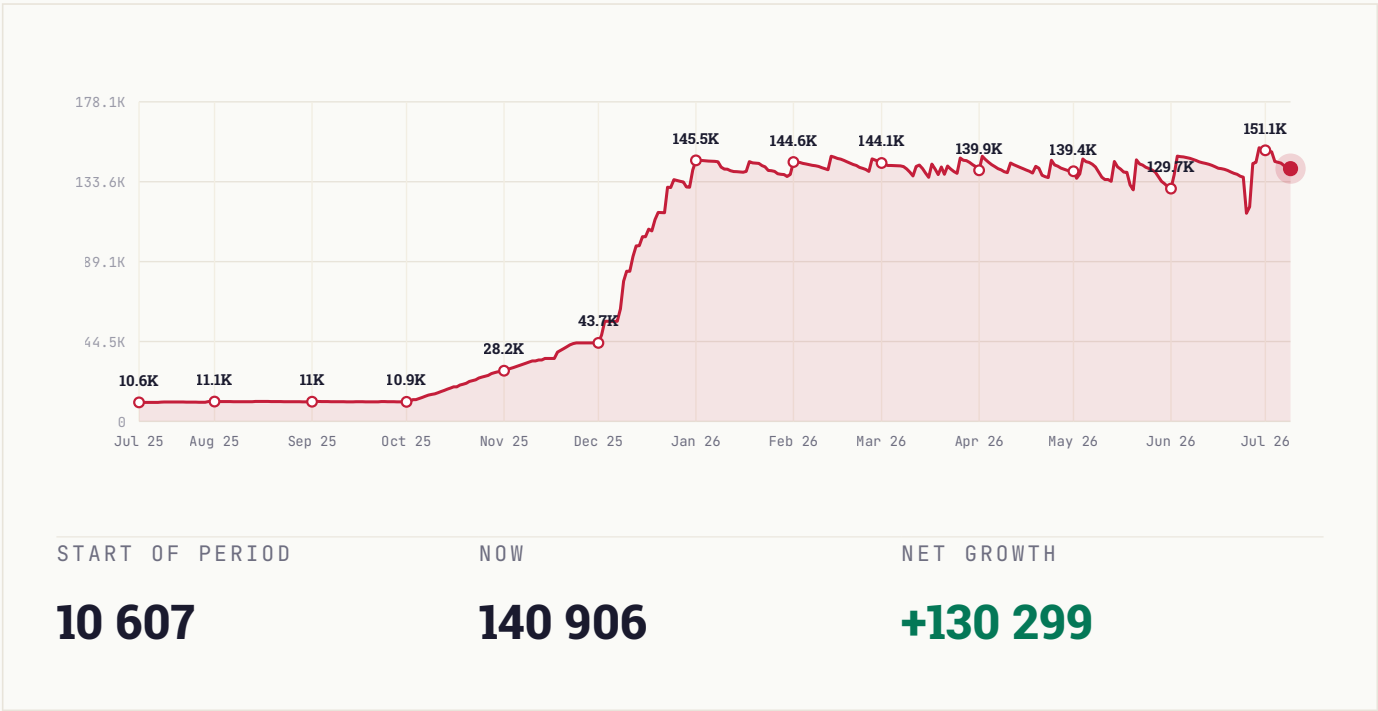
WORST 3

↓	15.06 · 13:46	VIDEO	Sweet-sour cranberry liqueur 🍷 Ingredients: 🍒 Cranberries - 250 g; 🍒 Vodka - 300 ml; 🍒 Heavy cream 20% - 200 ml; 🍒 Sugar - 80 g; 🍷 Preparation: 1. I...	VIEWS	REACTIONS
				49 713	927
				REPOSTS	ER
				24	35.3%
↓	18.06 · 12:58	VIDEO	Two delicious summer coffees ☕ Strawberry glaze ☕ Ingredients: 🍓 Fresh strawberries - 3 pcs; 🍓 Vanilla ice cream - 70 g; 🍓 Espresso - 80...	VIEWS	REACTIONS
				49 173	728
				REPOSTS	ER
				13	34.9%
↓	12.06 · 13:02	VIDEO	Ruddy pies 🥧🥧 Ingredients: 🥧 For dough: 🍋 Warm milk - 250 ml; 🍋 Sugar - 2 tbsp; 🍋 Fresh yeast - 35-40 g; (or 11 g instant) 🍋 Flour...	VIEWS	REACTIONS
				47 895	744
				REPOSTS	ER
				842	34.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

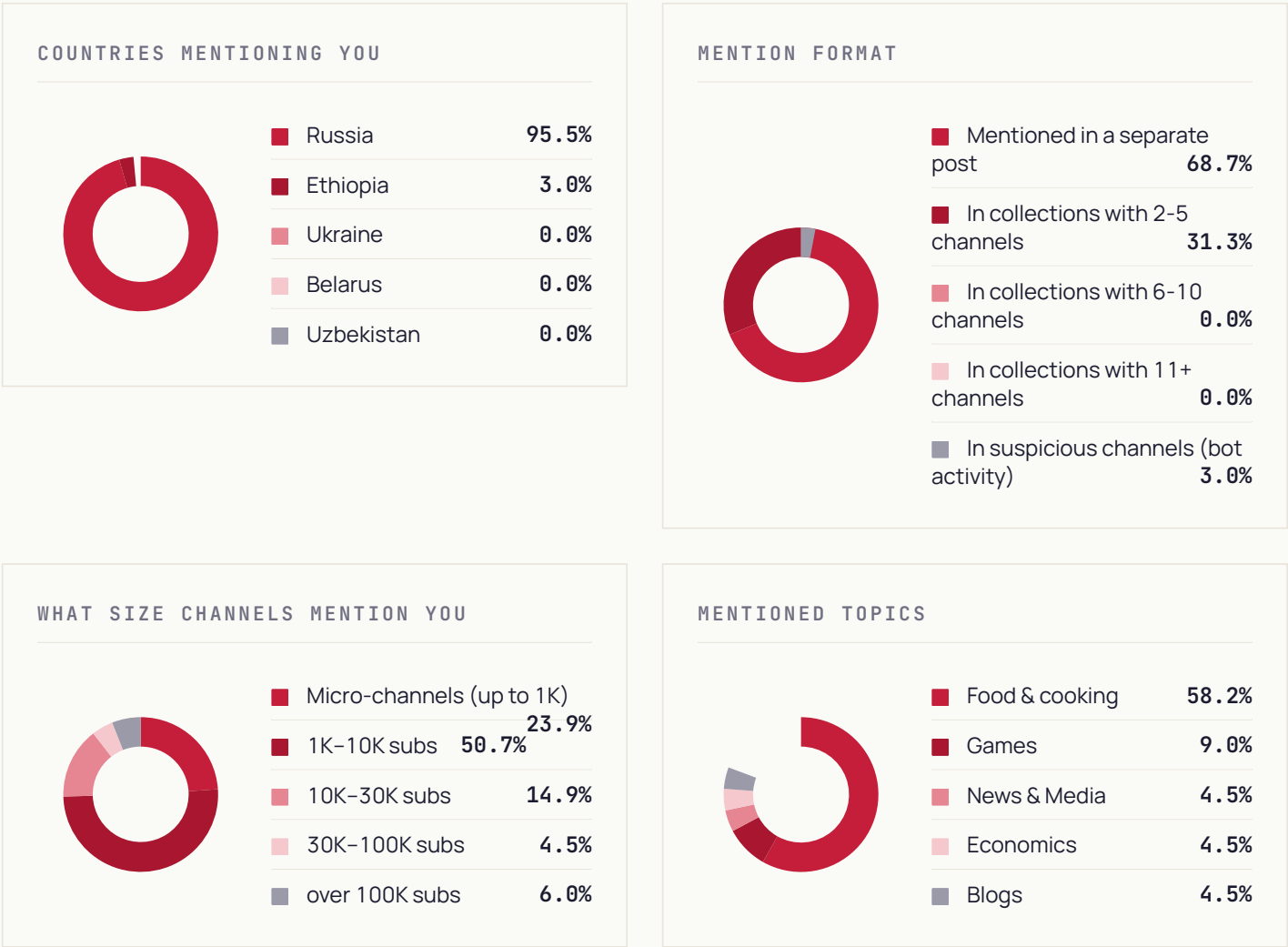
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and which it lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

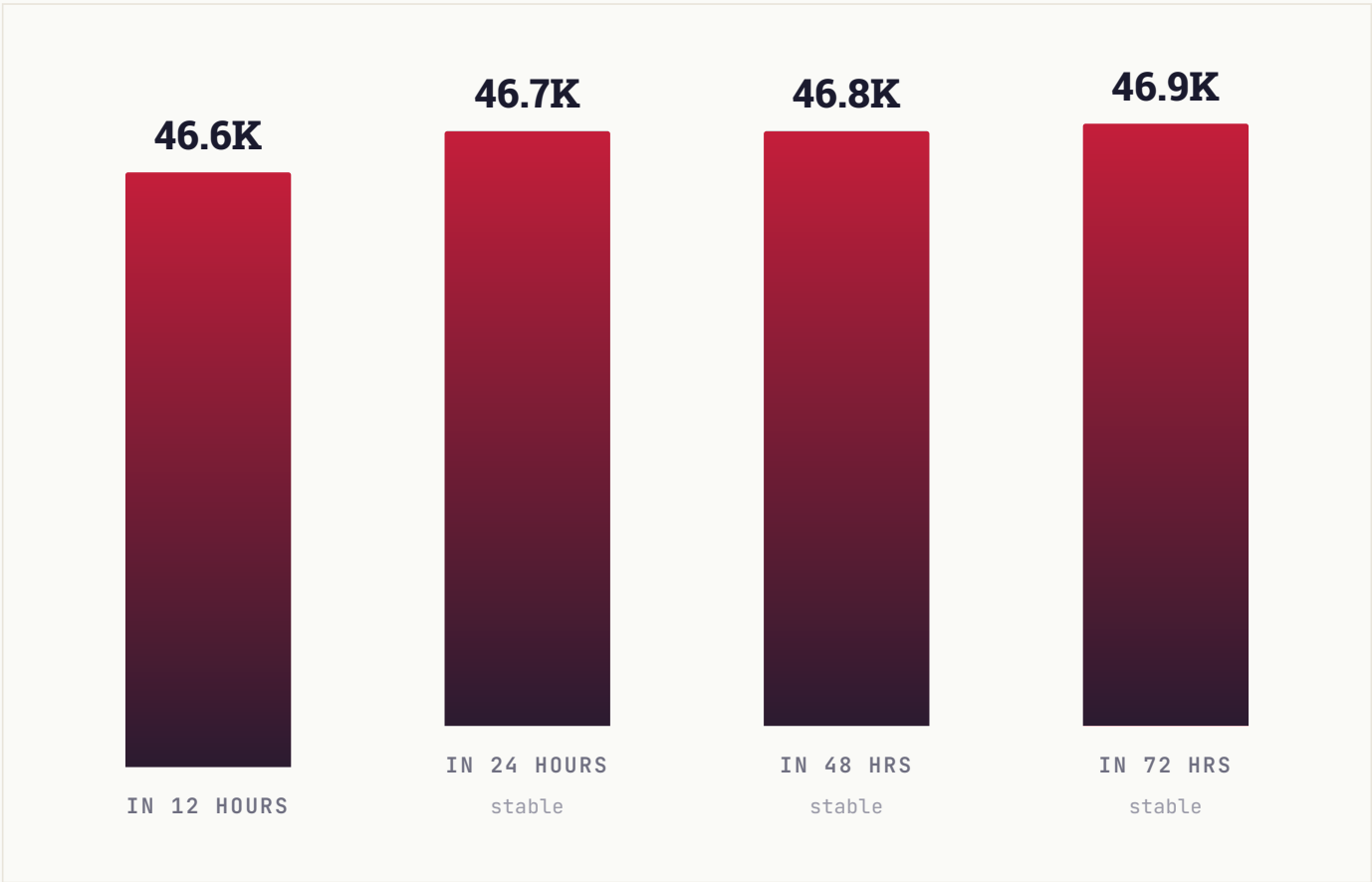
Citation index **13** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **30** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KR Cooking Recipes Salads 🧑🍳	995.6K
Fri Pyatyorochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
Mon Simple Recipes	586.9K
KR Recipe book	559K
KN Kitchen inside out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Thu Everyday Recipes	461.5K
CV CHEF VIBE YOU	140.8K

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#89 of 94). Niche median — 205K subs.
First growth KPI — reach the median. Leader: Cooking Recipes Salads 🧑🍳 (995.6K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **8**, they brought **147 908** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	12 379	
December 2025	2	1	101 901	
November 2025	2	2	16 161	
October 2025	2	2	16 805	
September 2025	1	1	378	
August 2025	1	1	284	
TOTAL MENTIONS		MONTHS OF DATA		ATTRACTED SUBSCRIBERS
8		6		147 908

— SECTION 08 · NICHE COMPARISON

Where channel stands in its league

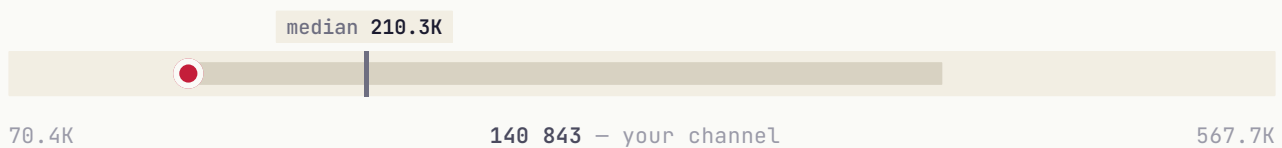
Took top-100 channels in category «Food & cooking» (Russia) and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#89 /100

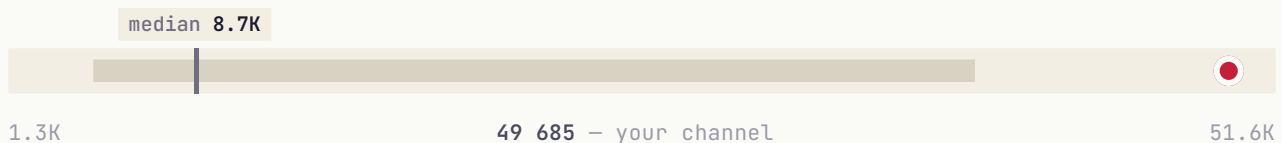
RANK IN NICHE

Channel in the bottom half of the ranking

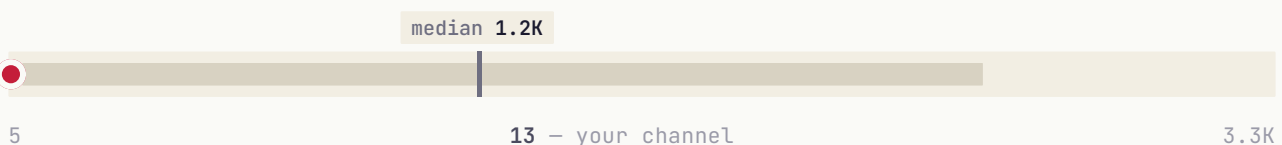
SUBSCRIBERS

33% below median

AVG REACH / POST

top 10% of niche

CITATION INDEX

99% below median

— SECTION 09 · STRATEGY

What to do right now

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

01

Increase posting frequency

Now 1.5 posts/week. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Top post of the week — on Wed

Audience is most active on this day at 17:00 MSK.

EFFECT

**Best window
for an
important post**

03

System 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 typically boost ER by +5-15%. One poll per week on a hot topic is an easy win.

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 this done by **PromptPress?**

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

01 **Launch ads on
Telegram**

<https://panel.promptpress.com/register>

02 **Contact manager**

t.me/PromptPress_manager
