

PROMTPRESS PUBLIC REPORT

Channel audit

Daily munch



@daily_munch

SUBS

12 179

+10943 per month

ERR (% SEE POSTS)

239.0%

last 24h 419.7%

REACH/POST

27K

ad reach 22.4K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. Subtitle tells the period it covers.

 SUBS 12 179 —	 SUBSCRIBER REACH 221.67% avg % subs see post	 VIEWS/POST 27K median 3 · 25 days	 POSTS/WK 19.2 for period
 7D TREND — no data for period	 REACTIONS/POST 0.3 20 reactions, 17 reposts, 0 comments	 POST LENGTH 389 chars median 365 · 25 days	 POSTS ANALYZED 71 25 days
 AD REACH 22.4K 24h avg	 CHURN / MONTH +10943 last month	 MENTIONS 0 citation index (cumulative)	 CHANNEL AGE 1 yr 4 mo created 11.02.2025

AI EDITOR SUMMARY

Channel «Daily munch» – 12 179 subs. Each post averages 27K people (222% from subs), wide reach for a channel this size. Publishes 19 posts/week (~3/day) – regular pace.

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 TOP POSTS HAVE IN COMMON

- 01 Analysis based on 71 posts over 25 days.
- 02 Dominant format — Text (71/71 posts).
- 03 Avg post length — 389 chars (median 365).
- 04 Audience peak — Sunday, 13:00 MSK.
- 05 Top posts get by 50859x more views than the weakest (101.7K avg for top vs 2 for worst) — among 71 posts over 25 days. Worth analyzing what top posts have in common — topic, format, timing.

TOP 5 POSTS

Nº1 12.06 · 18:56 TEXT  Into fashion, beauty, stylish living, and daily inspo? This channel is for you! @queen_modeon Here are trends...	VIEWS 101 865 REPOSTS —	REACTIONS 1 ER 836.4%
Nº2 12.06 · 19:06 TEXT  Beauty, style, celeb news, fashion trends & top events — all in one place!...	VIEWS 101 704 REPOSTS 1	REACTIONS 1 ER 835.1%
Nº3 14.06 · 10:09 TEXT  Love cozy home decor and handy finds that make life comfier? Then join @homely_finds Here you...	VIEWS 101 585 REPOSTS 1	REACTIONS 1 ER 834.1%

N⁴12.06 · 19:29TEXT 🌟 Love beauty, style, fashion news & women's lifestyle? Then you're in Glam Power Club! @glam_powerclub Every day —...	VIEWS101 480 REPOSTS1	REACTIONS1 ER833.2%
N⁵14.06 · 08:19TEXT 👑 Girls Boss Club — for girls who love beauty, style, shopping, motivation, and staying in the loop! ...	VIEWS100 857 REPOSTS1	REACTIONS1 ER828.1%

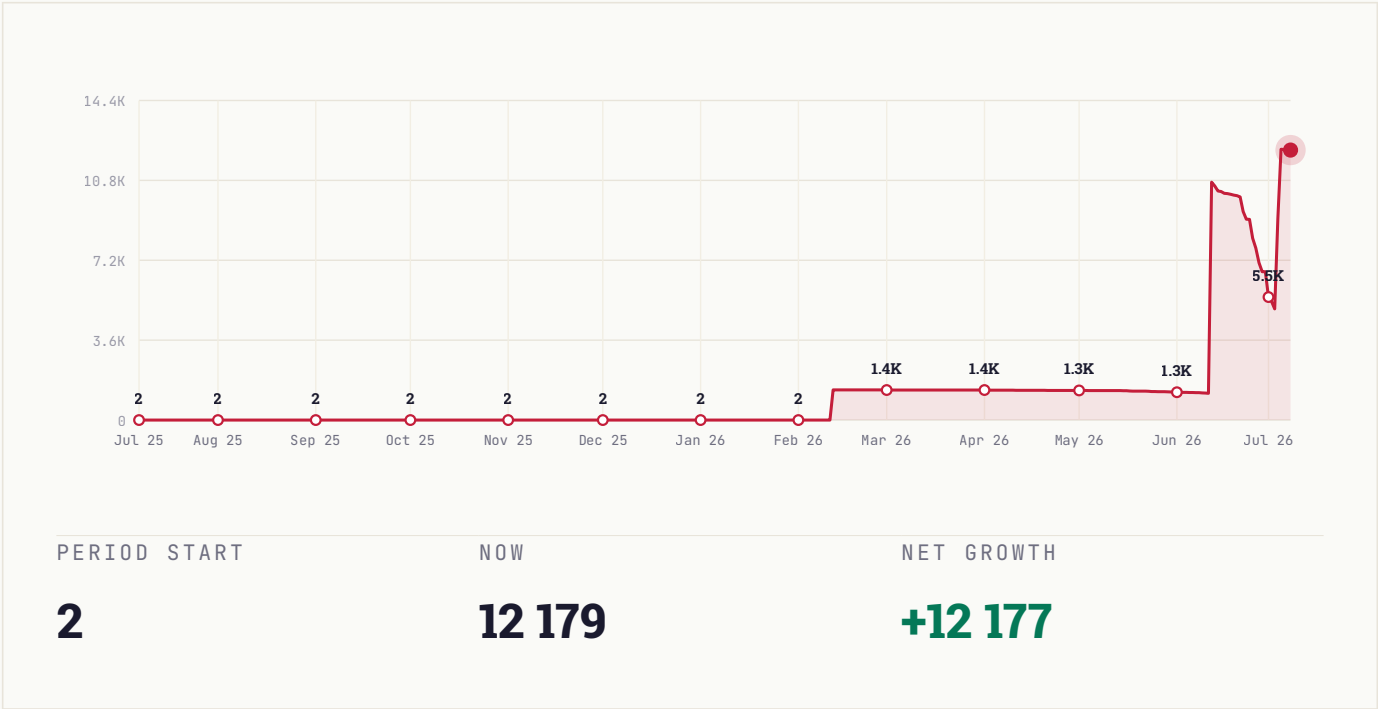
WORST 3

↓04.07 · 22:14TEXT 🌟 @top_girls_energy — your daily dose of beauty, inspiration & self-care! We share: 🧴 Skincare tips, style, celeb news, trends & hot topics — all in one place!...	VIEWS2 REPOSTS—	REACTIONS— ER0.0%
↓04.07 · 22:15TEXT 👑 Girls Boss Club — for girls who love beauty, style, shopping, motivation, and staying in the loop! ...	VIEWS2 REPOSTS—	REACTIONS— ER0.0%
↓04.07 · 22:31TEXT 🌟 Want to stay young, get glowing skin, and cut through skincare myths? This channel is for you! @DrCosmo_care Here...	VIEWS2 REPOSTS—	REACTIONS— ER0.0%

SECTION 03 · SUBSCRIBER DYNAMICS

Channel growth over the year

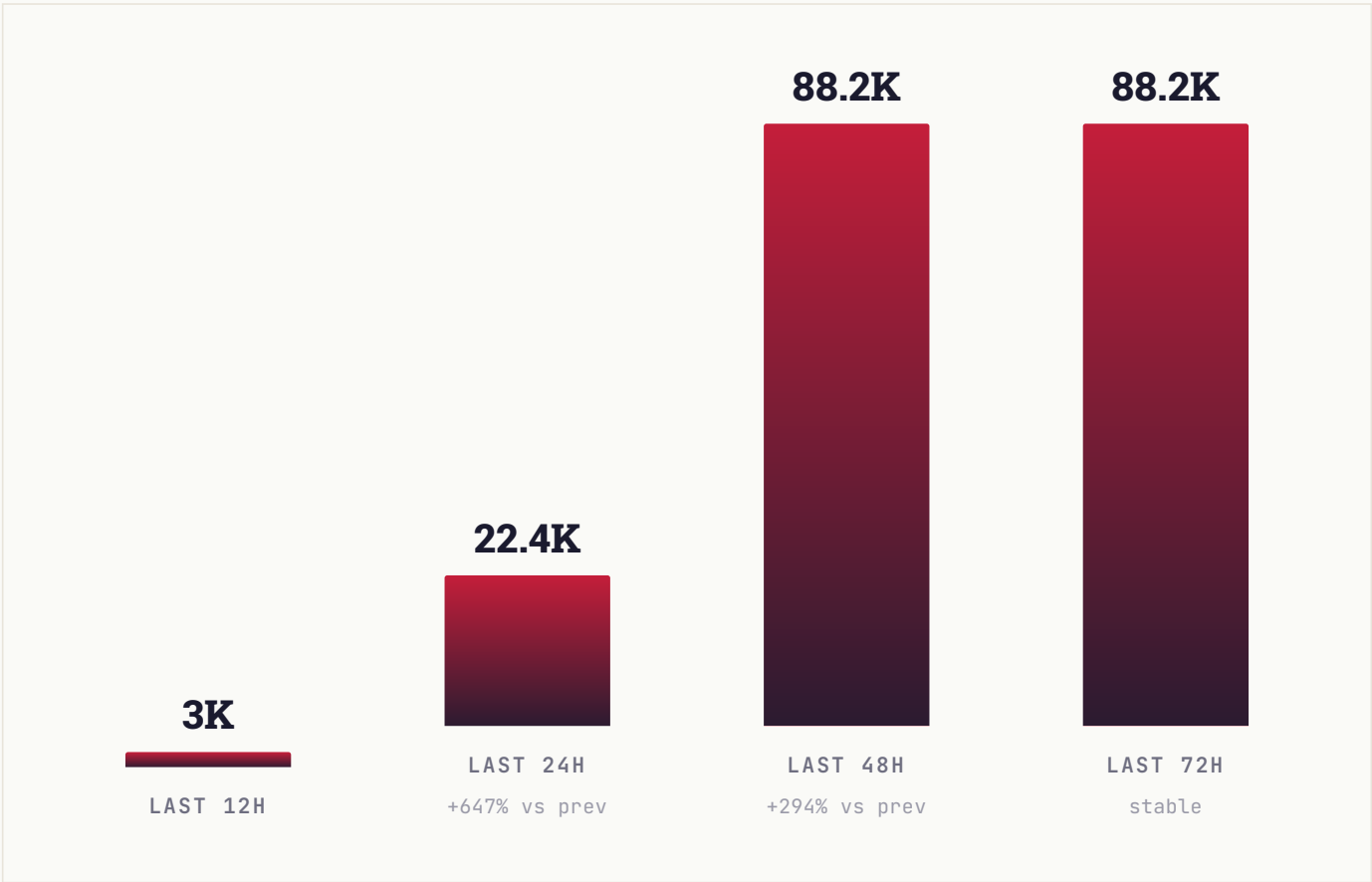
Subscriber growth over the year. Key months show exact count. See gains & losses.



SECTION 04 · AD POTENTIAL

How long a post drives reach

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



SECTION 05 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Highlighted your channel — shows its place among niche neighbors.

CHANNEL	SUBS
CR Cooking Recipes Salads 🧑🍳	995.6K
FR Pyatyorochka	776.5K
🍰M 🍰 Mom's Recipes 😊	680.8K
A Air Fryer Recipes	593.3K
PR Simple Recipes	586.9K
CR Recipe book	559K
CN Kitchen inside out	532.5K
VI Tasty & Cheap 🍪	487.7K
ER CHIZHIK	485.1K
RN Daily recipes	461.5K
DM Daily munch YOU	12.2K

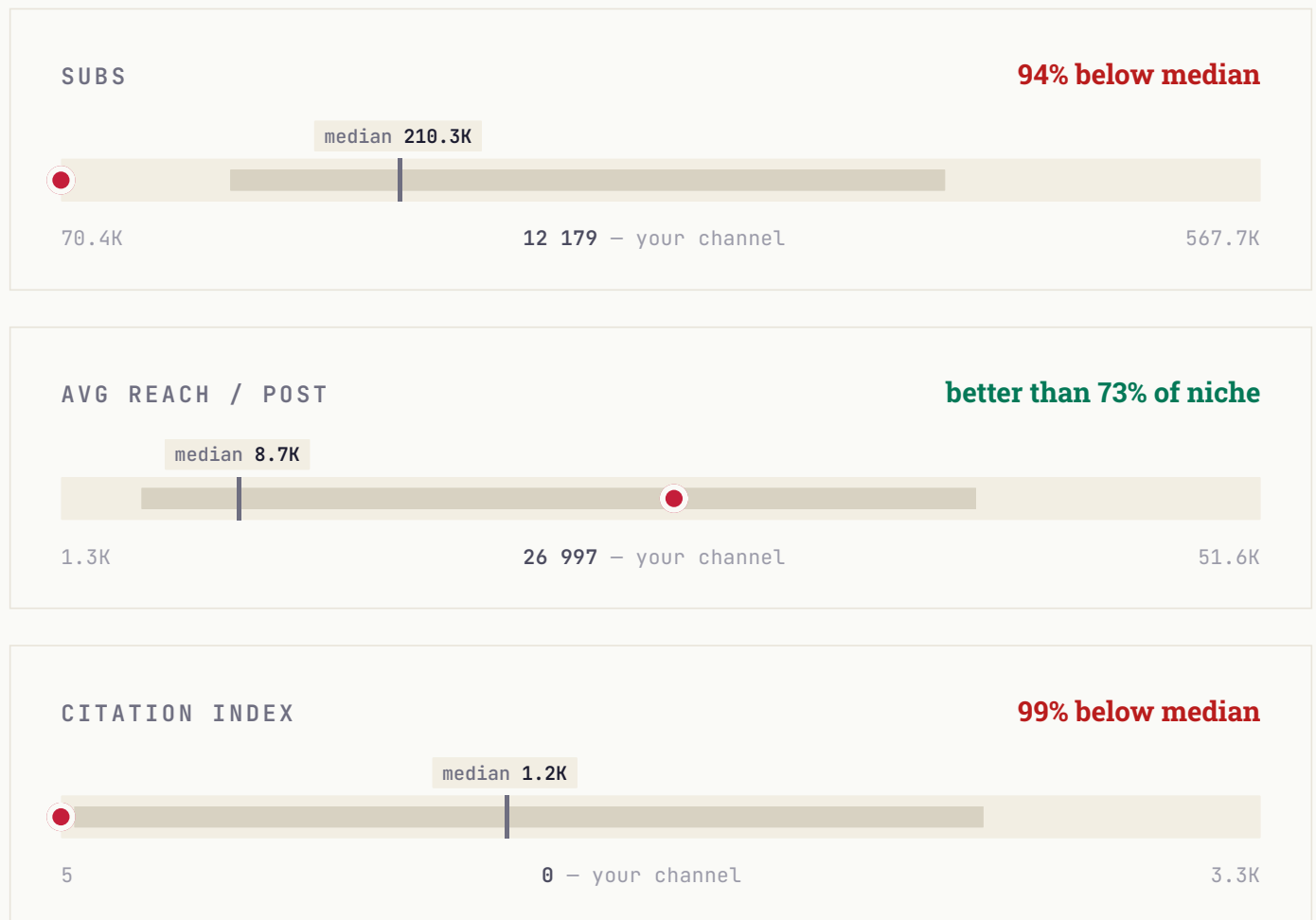
COMPARATIVE CONCLUSION

Channel yet outside top 94 of niche — early growth stage. Niche leader — Cooking Recipes Salads 🧑🍳 (995.6K), top-94 median: 205K. First goal — enter top-94 via systematic traffic & content work.

SECTION 06 • NICHE COMPARISON

Where the channel stands in its league

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



— SECTION 07 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off & revisit in a month.

01

Best post of the week — on Sunday

Audience most active on this day at 13:00 MSK.

EFFECT

**Best window
for an
important post**

02

Increase share of video posts

Video in Telegram retains audience longer & is algorithm-friendly. Aim for 15-25% share.

EFFECT

**Video retains
audience
better**

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 neighboring channels

Swap posts with same-segment channels once a quarter. No need daily — 2-3 collabs bring 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 based on public data. If you 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
