

PUBLIC REPORT PROMTPRESS

Channel audit

🇷🇺 DARIA PLUZHNIKOVA



@dariashuer

For those who want to see more of my life 🤝👉 My socials - <https://link.me/dariashuer> 🤝 Collab/Ads 📧 @lom_ad_yt_ig 🏋️ Train with me <https://dariapluzh.com/>

SUBSCRIBERS

66 832

08.07.2026 ²⁶⁵ per month

ERR (% SEE POSTS)

16.0%

per day ^{6.1%}

REACH/POST

10.7K

ad reach ^{4.1K}/24h [HTTPS://PROMTPRESS.COM/CHANNEL/AUDIT/DARIASHUER](https://promptpress.com/channel/AUDIT/DARIASHUER)

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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 66 832 —	 SUBS REACH 15.94% avg % of subs see post	 VIEWS/POST 10.7K median 10.6K · 28 days	 POSTS/WEEK 10.4 for the period
 7D TREND -18.8% vs prev week	 REACTIONS/POST 315.2 total 13,239 reactions, 507 reposts, 416 comments	 POST LENGTH 226 chars median 128 · 28 days	 POSTS ANALYZED 42 28 days
 AD REACH 4.1K 24h avg	 CHURN / MONTH +265 last month	 CITATION RATE 39 citation index · 68 channels mentioned ever	 CHANNEL AGE 4 yrs 4 mo created 26.02.2022

AI EDITOR SUMMARY

Channel « DARIA PLUZHNIKOVA» – 66 832 subs. Each post is viewed on average by 10.7K people (16% from subs), this is average reach – room to grow. Publishes 10 posts per week (~1/day) – regular schedule. For the week of Jun 22–28, reach dropped by -18.8% by week of Jun 15–21 – analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **42** posts over 28 days.
- 02 Dominant format – **Video** (21/42 posts).
- 03 Avg post length – **226** chars (median 128).
- 04 Peak audience activity – **Wed**, 03:00 MSK.
- 05 Strongest posts get **3×** more views than the weakest (16.4K avg for top vs 6.2K for worst) – among 42 posts over 28 days. Analyze what top posts share: topic, format, publish time.

TOP 5 POSTS

Nº1 10.06 · 00:05 VIDEO An unplanned fan meeting happened at Luzhniki 🐒 So cute Hugged and took pics 😭😭 No matter how tired or busy I am...	VIEWS 17 133 REPOSTS 20	REACTIONS 507 ER 25.6%
Nº2 15.06 · 14:44 VIDEO So, 3 months without vitamins Weight 79 kg 😊 No strict diet, no chasing perfect discipline. Just living for pleasure...	VIEWS 16 198 REPOSTS 24	REACTIONS 516 ER 24.2%
Nº3 13.06 · 21:42 VIDEO Muscovites, how did you survive today's weather? 🤔	VIEWS 15 733 REPOSTS 29	REACTIONS 193 ER 23.5%

Nº4 22.06 · 15:12 PHOTO June is almost over But workouts - nope 😊 While the calendar is about to flip the page, we keep flipping new weights and working...	VIEWS 15 100 REPOSTS 8	REACTIONS 252 ER 22.6%
Nº5 18.06 · 18:07 PHOTO Fully ready card ARMATURA NABEREZHNYE CHELNY July 26. Registration for Open Tournament is now available -...	VIEWS 15 077 REPOSTS 5	REACTIONS 126 ER 22.6%

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WORST 3

↓ 04.07 · 05:59 PHOTO Today from 11 I'll be here, see you 👥	VIEWS 6 402 REPOSTS 8	REACTIONS 130 ER 9.6%
↓ 04.07 · 09:08 VIDEO (post without caption – video)	VIEWS 6 370 REPOSTS 5	REACTIONS 215 ER 9.5%
↓ 04.07 · 05:58 PHOTO Good morning ☀️ looks like I'm fixing my routine 🤘 went to bed at 12 and woke up at 8.30 Sleeping in a beanie like a grandma 😊	VIEWS 5 833 REPOSTS 3	REACTIONS 302 ER 8.7%

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 or lost subs.

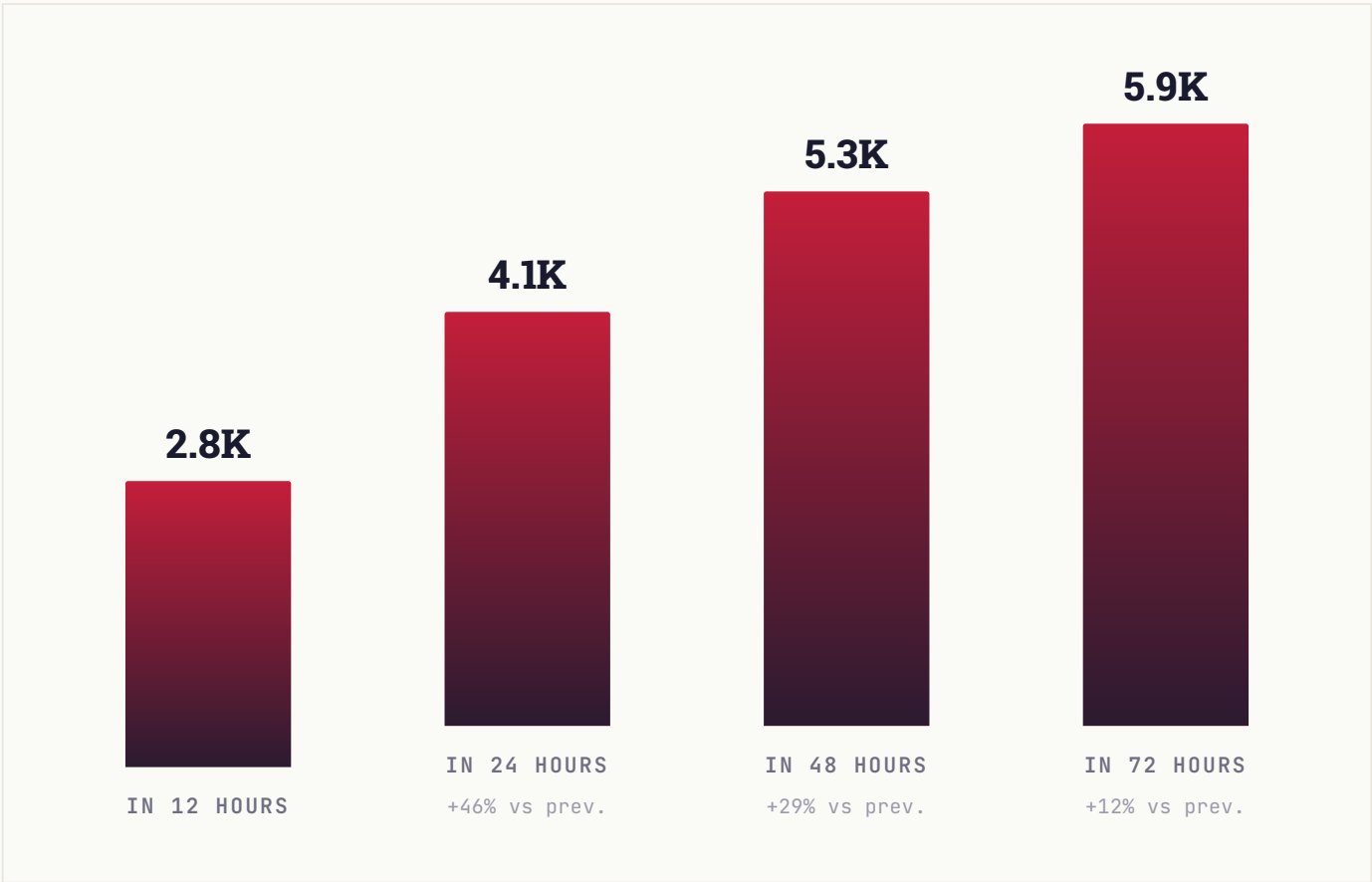


START OF PERIOD	NOW	NET GROWTH
68 581	66 832	-1 749

SECTION 04 · AD POTENTIAL

How long a post generates reach

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



Who you compete with

CHANNEL	SUBSCRIBERS
 Test purchase	766.3K
 Biohackers	581.9K
 Biohacking	532.6K
 Sport Life	524.2K
 Eternity in Tibet	493.1K
 Our body	480.9K
 Ales Ulischenko Osteopath, PhD Faceplastic author	477K
 Stay healthy	447.7K
 Healthy food	416.8K
 Doctor Zubareva / Doctor Zubareva	413.5K
   DARIA PLUZHNIKOVA   	66.8K

Channel not yet outside top 97 of niche – early growth stage. Niche leader – Test purchase (766.3K), median top-97: 154.7K. First goal – enter top-97 via systematic traffic & content work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **35**, they brought **6 518** new subs.

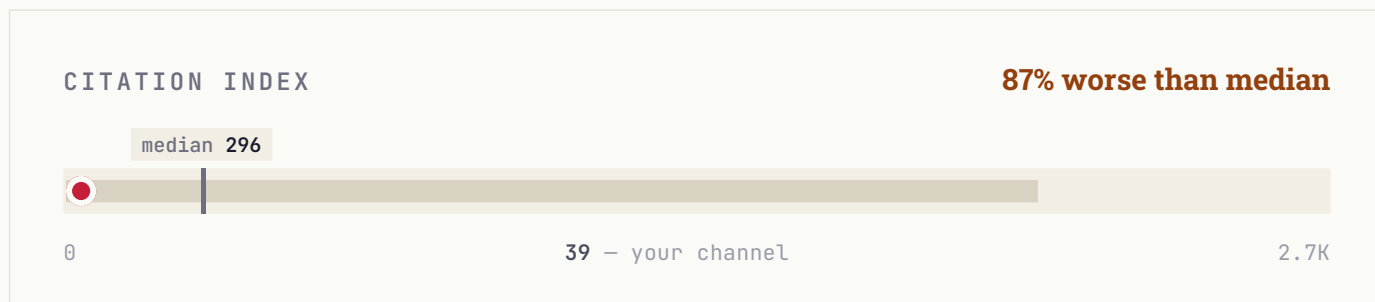
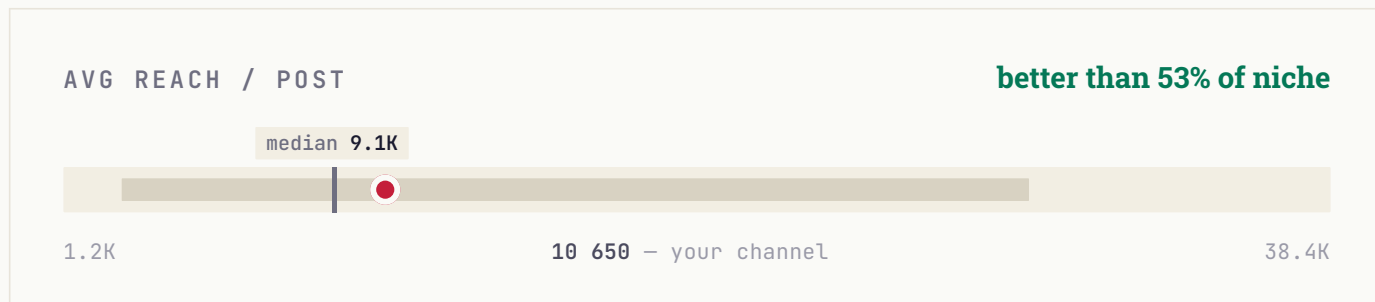
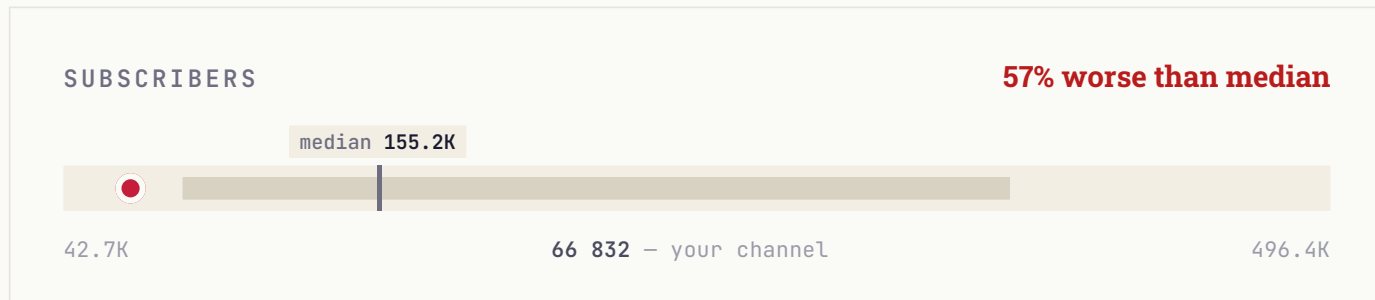
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	6	3	1 871
December 2025	7	2	852
Nov 2025	4	2	1 134
Oct 2025	5	2	283
Sep 2025	6	4	1 088
August 2025	7	5	1 290

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
35	6	6 518

SECTION 07 • NICHE COMPARISON

Where channel stands in its league

Took top-**100** channels in category "**Health & Fitness**» (Russia) and saw how your channel compares. Gray band – range of 80% of niche channels (p10 to p90). Black vertical – median. Red dot – your channel.



— SECTION 08 · STRATEGY

What to do right now

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

- 01

Top post of the week — on Wednesday

Audience most active on this day at 03:00 MSK.

EFFECT

Best window for an important post
- 02

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
- 03

Test polls & interactive formats

Posts with polls/reactions usually boost ER +5-15%.
One weekly poll on a hot topic — easy win.

EFFECT

+5-15% ER
- 04

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
- 05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — organic traffic source.

EFFECT

Organic traffic source

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further? Run ads through us & 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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