

PUBLIC REPORT BY PROMTPRESS

Channel audit

live in the moment



@dolcenient

inspiration in everyday 📍 Saint Petersburg collab: @vvivolavita /
@aftershwa ads on channel: <https://t.me/prdolcenient> pinterest <https://pin.it/6GX7afPjU> № 7648657496

SUBSCRIBERS

11 370

+238 per month

ERR (% SEE POSTS)

19.0%

per day 6.4%

REACH/POST

2.3K

ad reach 732/24h

— CONTENTS · 2026

What's Inside the Report

01 Channel Snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 Posts · Worst 3 · Insights

03 Subscriber dynamics

Yearly chart · growth

04 Citation Rate

Who mentions the channel and how

05 Ad potential

How long a post brings reach

06 Competitors

Niche Neighbors · Your Place

07 Mention dynamics

6 months · monthly

08 Niche Comparison

Rank in «Instagram» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 11 370 —	 SUBSCRIBER REACH 20.6% avg % subs see post	 VIEWS/POST 2.3K median 2.4K · 27 days	 POSTS/WEEK 7.8 for the period
 7D TREND -7.6% vs previous week	 REACTIONS/POST 167.5 only 5,194 reactions, 106 reposts, 20 comments	 POST LENGTH 557 chars median 485 · 27 days	 POSTS ANALYZED 31 27 days
 AD REACH 732 24h avg	 CHURN / MONTH +238 last month	 CITATION RATE 3 citation index · 22 channels mentioned all time	 CHANNEL AGE 3 years 3 months created 25.03.2023

AI EDITOR SUMMARY

Channel «live the moment» — 11 370 subs. Each post averages 2.3K people (21% of subs), average reach — room to grow. Publishes 8 posts per week (~1/day) — regular pace. For week Jul 6–12 reach dropped -7.6% by week of Jun 29 – Jul 5 — worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What Works Best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS SHARE

- 01 Analysis based on 31 posts over 27 days.
- 02 Dominant format – Photo (23/31 posts).
- 03 Avg post length – 557 chars (median 485).
- 04 Peak audience activity – Wed, 09:00 MSK.
- 05 Top posts get 2x more views than the weakest (2.9K avg for top vs 1.9K for worst) – among 31 posts over 27 days. Worth analyzing what top posts have in common – topic, format, timing.

TOP 5 POSTS

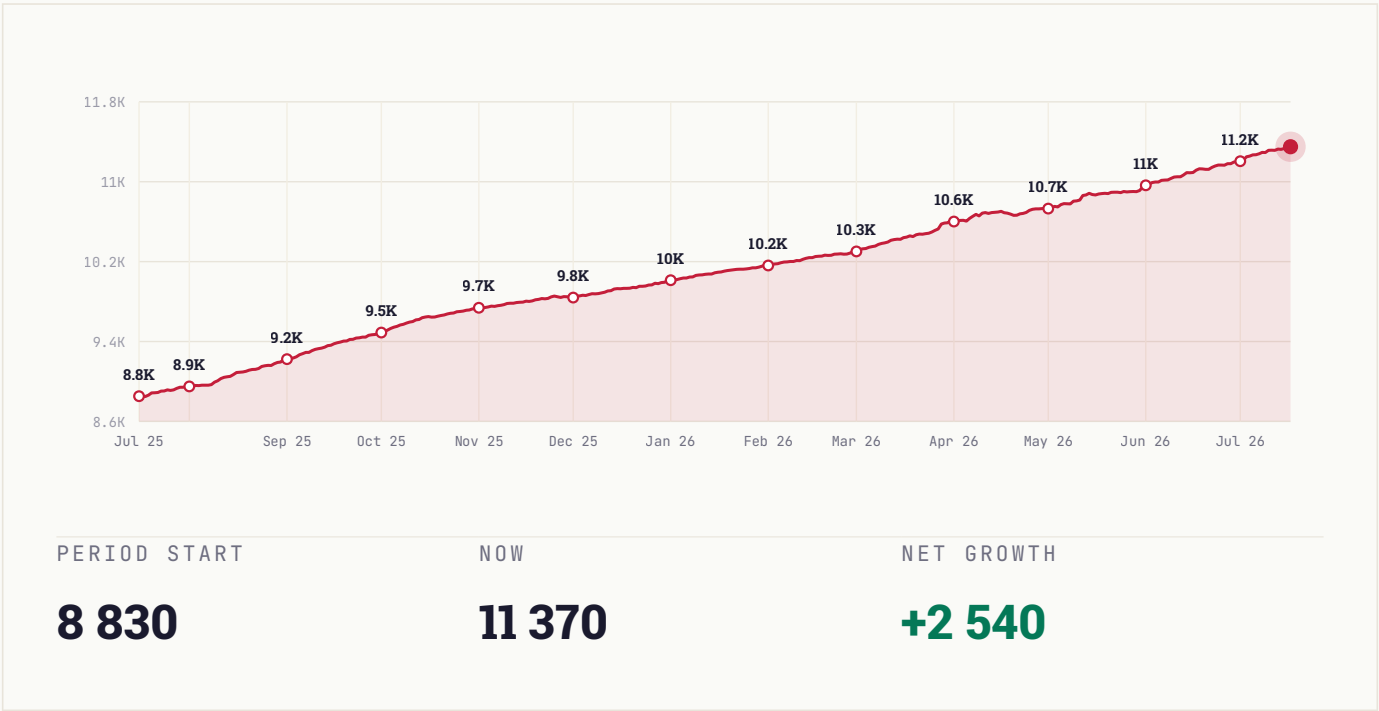
Nº1 01.07 · 16:07 VIDEO -1 from summer plans list! 🌂 long wanted to try SUP at sunset, and finally did – with balanceSUP we went...	VIEWS 2 979 REPOSTS 4	REACTIONS 162 ER 26.2%
Nº2 29.06 · 14:16 PHOTO new find in Moskovsky district 🌟 perfect for those who love slow dinners in a beautiful interior in Moscow-Vladivostok...	VIEWS 2 928 REPOSTS 4	REACTIONS 161 ER 25.8%
Nº3 01.07 · 06:46 PHOTO for a week, till the second? 🧡 with that thought all roads lead to the bay – enjoy sea views, run on hot sand, sunbathe...	VIEWS 2 907 REPOSTS 4	REACTIONS 181 ER 25.6%

Nº4 22.06 • 15:01 VIDEO chinese tea ceremony? 🍵❤️ tbh, I never thought about how differently tea can unfold until I visited...	VIEWS 2 884 REPOSTS 9 REACTIONS 163 ER 25.4%
Nº5 24.06 • 13:05 PHOTO me & you + summer picnic 🌞🧺 lately I keep thinking that in summer I want lighter food – especially if...	VIEWS 2 772 REPOSTS 8 REACTIONS 149 ER 24.4%
WORST 3	
↓ 25.06 • 08:28 VIDEO life is not a movie also life:	VIEWS 2 095 REPOSTS 3 REACTIONS 171 ER 18.4%
↓ 13.07 • 07:55 VIDEO summer day random ☁️ walks alone are a special kind of pleasure for me I pick my favorite spot, don't plan the route in advance and...	VIEWS 2 004 REPOSTS 4 REACTIONS 176 ER 17.6%
↓ 13.07 • 14:43 PHOTO and in the evening I had a stretching class at Kultura Shpagata! this time I chose stretching with a little workout – really liked this format <3 🌟 сначала...	VIEWS 1 683 REPOSTS 1 REACTIONS 145 ER 14.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

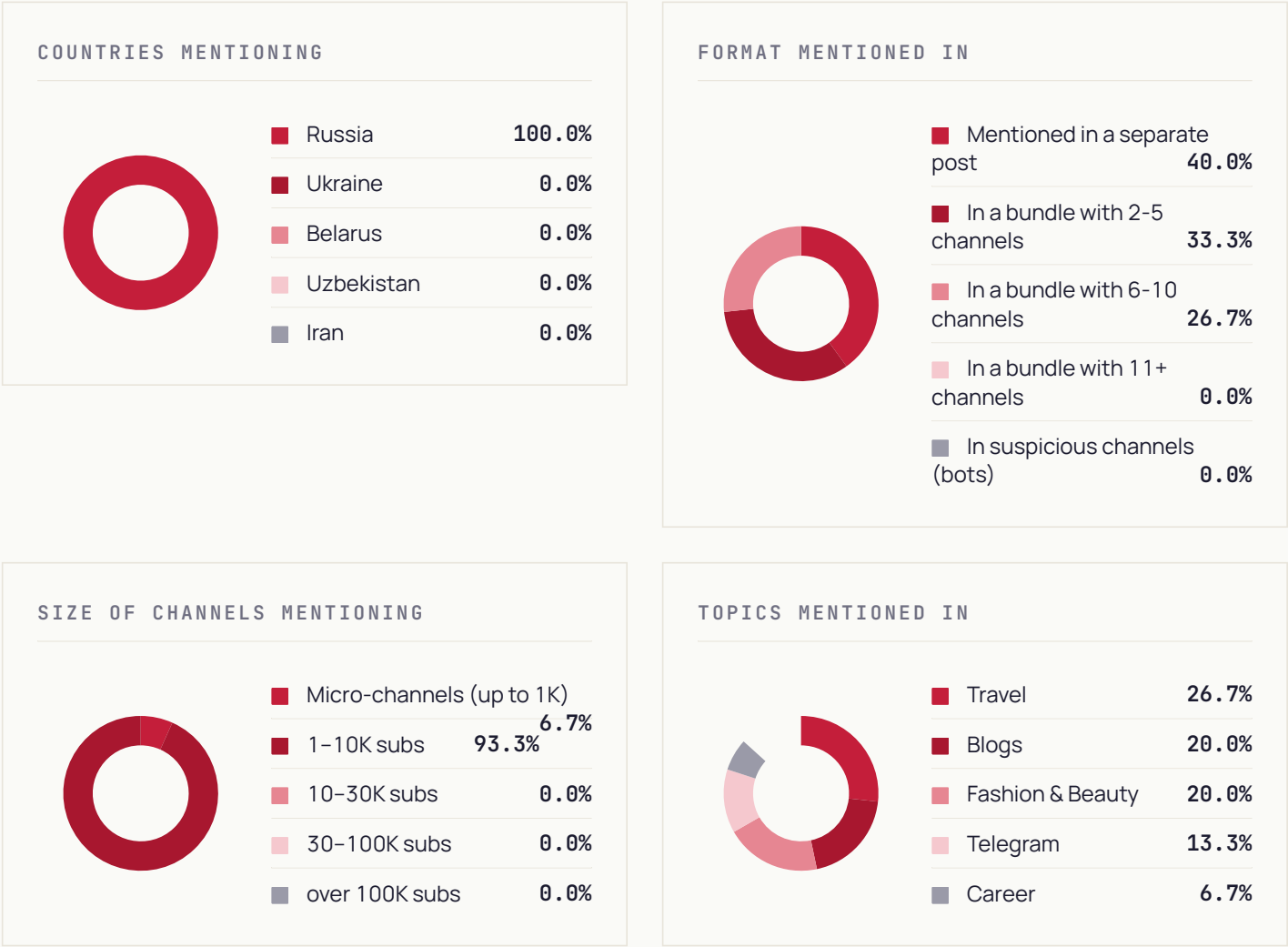
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

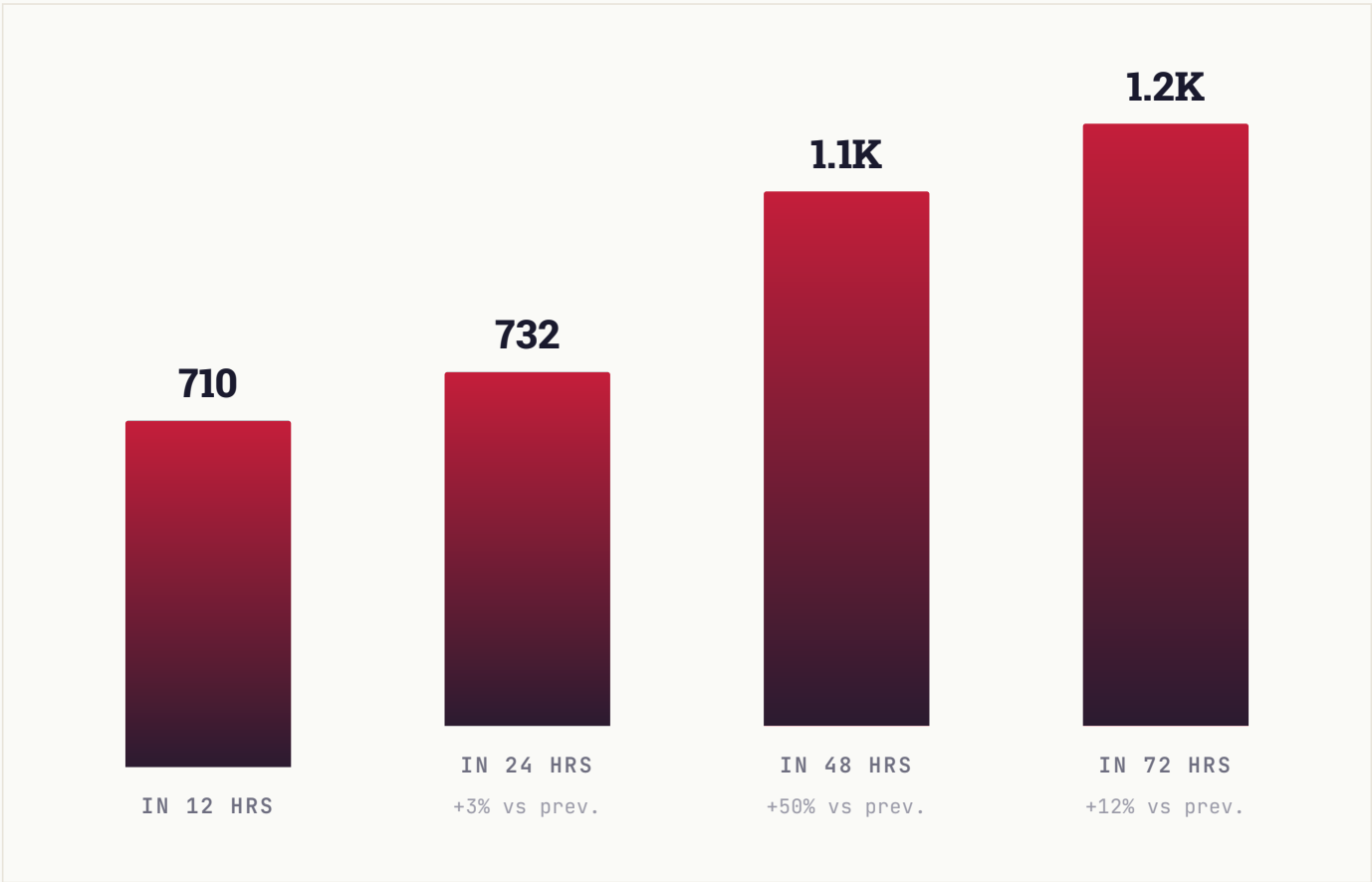
Citation index **3** – channel popularity rating based on mentions. Considers not only count but also mentioner weight: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **22** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 — you can see its place among niche neighbors.

CHANNEL	SUBSCRIBERS
ا استوری اینستاگرام	437.9K
آ آهنگ موزیک جدید شاد	356.8K
ر ربات دانلود استوری و پست از اینستاگرام	209.7K
VD VIDEO FOR STORIES	136.7K
ShC Cap Cut Templates Kap Kut	130.6K
P• piaceim • presets & blogging	126.4K
نسب NESA PIRUZIFARD انسا پیروزی فرد	123.7K
ÃA ÃAKLAB	115.2K
ShC CAPCUT TEMPLATES KAPKUT KUT	113K
CP PNG STICKERS FOR STORIES	110.6K
JM live in the moment YOU	11.4K

COMPARATIVE SUMMARY

Channel not yet outside top 99 of niche — early growth stage. Niche leader — استوری اینستاگرام (437.9K), top-99 median: 32.9K. First goal — enter top-99 through systematic traffic & 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 **3**, they brought **1 292** new subs.

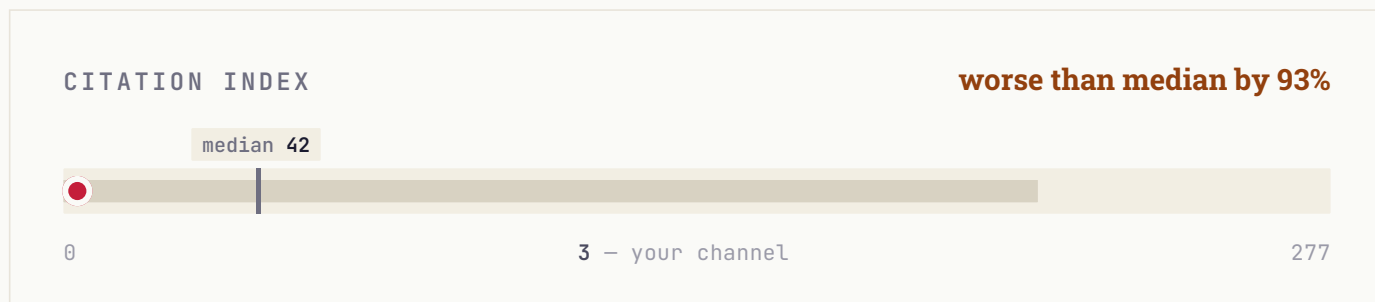
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	159	
December 2025	0	0	185	
November 2025	2	2	147	
October 2025	1	1	257	
September 2025	0	0	265	
August 2025	0	0	279	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
3	6	1 292

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

Took top-**100** channels in category «**Instagram**» (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.



— 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

Top post of the week — on Wednesday

Audience is most active on this day at 09:00 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 give +5-15% ER. One weekly poll on a hot topic — easy growth lever.

EFFECT

+5-15% ER
- 04

Cross-promo with neighboring channels

Exchange 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 this done by PromptPress?

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

01

Launch ads in Telegram

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

02

Contact manager

t.me/PromptPress_manager