

PUBLIC PROMTPRESS REPORT

Channel audit

DreaddyDaddy



@dreaddydaddylive

A channel for those who want to help their body and relieve pain 🙏

[https://www.instagram.com/dreaddydaddy?](https://www.instagram.com/dreaddydaddy?igsh=MTdwdTNpNHk3OXg1NQ==)

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SUBSCRIBERS

32 494

-273 per month

ERR (% SEE POSTS)

27.0%

in 24 hrs 10.3%

REACH/POST

8.4K

ad reach 3.4K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 32 494 —	 SUBS REACH 25.73% avg % subs see post	 VIEWS/POST 8.4K median 8.7K · 25 days	 POSTS/WEEK 2.2 over period
 7D TREND — no data for period	 REACTIONS/POST 123.8 only 990 reactions, 282 reposts, 0 comments	 POST LENGTH 405 chars. median 326 · 25 days	 POSTS ANALYZED 8 25 days
 AD REACH 3.4K 24h avg	 CHURN / MONTH -273 last month	 CITATION RATE 0 citation index · 8 channels mentioned ever	 CHANNEL AGE 4 years 4 months created 04.03.2022

AI EDITOR SUMMARY

Channel «DreaddyDaddy» — 32 494 subs. Each post avg views 8.4K people (26% of subs), good reach. Publishes 2 posts per week (~0 per 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.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 8 posts over 25 days.
- 02 Dominant format — Video (4/8 posts).
- 03 Avg post length — 405 chars (median 326).
- 04 Peak audience activity — Thursday, 14:00 MSK.
- 05 Strongest posts get 2x more views than the weakest (10K avg for top vs 6.4K for worst) — among 8 posts in 25 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 02.07 · 11:08 VIDEO A healthy mind in a healthy body 🦵 In this video I show two simple exercises to reduce tension and improve mobility...	VIEWS 10 574 REPOSTS 30	REACTIONS 106 ER 32.5%
Nº2 06.07 · 10:11 TEXT 💡 Tip of the day Statistics show that Monday many wake up feeling sleep-deprived after the weekend. So today — a little tip...	VIEWS 9 931 REPOSTS 11	REACTIONS 135 ER 30.6%
Nº3 23.06 · 10:03 TEXT 📌 CHECKLIST: neck overload signals you ignore Often neck overload signs appear long before pain 🦶 ⚠️ CHECK YOURSELF ☐...	VIEWS 9 577 REPOSTS 31	REACTIONS 66 ER 29.5%

Nº4 22.06 · 11:20 VIDEO Developing shoulder joint with fitness band 🙏	VIEWS 9 033 REPOSTS 37 REACTIONS 162 ER 27.8%
Nº5 01.07 · 13:40 TEXT 📌 7 signs your body lacks movement ☐ By evening, heaviness in neck or lower back ☐ After long sitting, it's hard to...	VIEWS 8 436 REPOSTS 9 REACTIONS 68 ER 26.0%

WORST 3

↓ 29.06 · 09:33 VIDEO Knee pain? 😞 One common cause — weak muscles that should take the load when climbing...	VIEWS 7 980 REPOSTS 133 REACTIONS 138 ER 24.6%
↓ 30.06 · 07:50 TEXT 💡 Tip of the day Place a glass of water a bit farther from your workspace Why? This way you'll get up more often to take a few steps. And...	VIEWS 7 090 REPOSTS 16 REACTIONS 149 ER 21.8%
↓ 17.07 · 11:42 VIDEO Let's laugh together)	VIEWS 4 270 REPOSTS 15 REACTIONS 166 ER 13.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

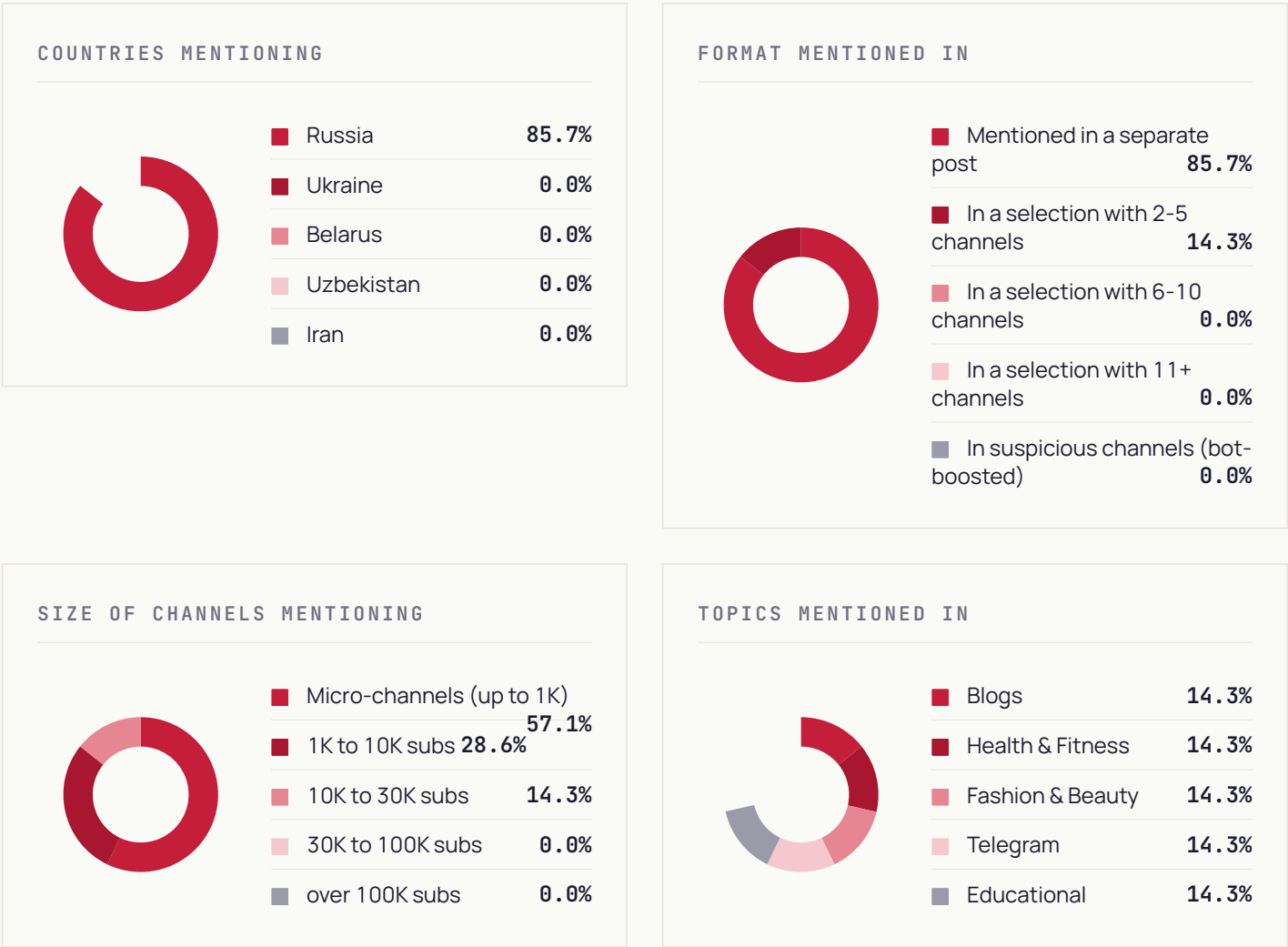
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and which it lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

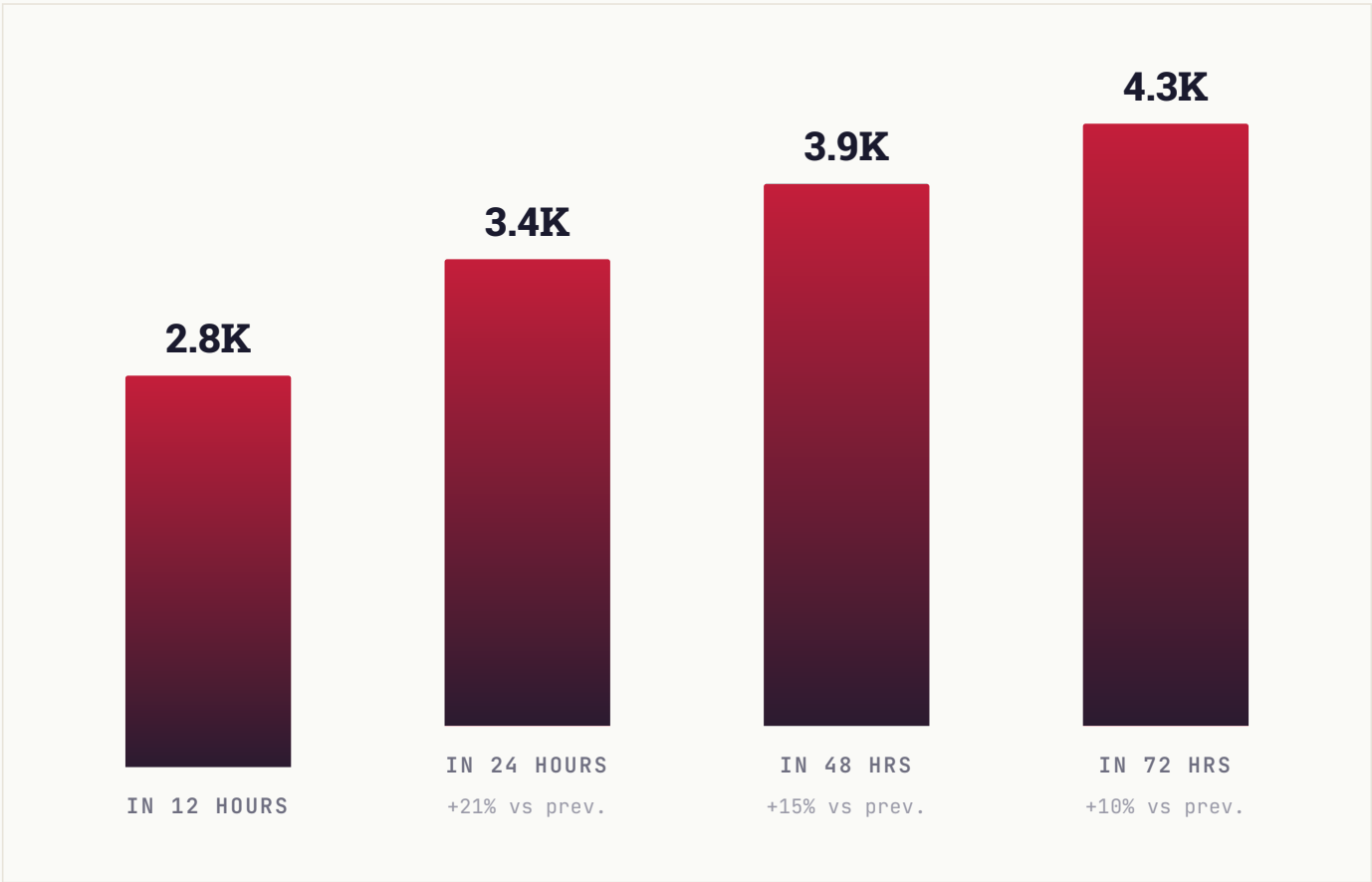
Citation index 0 – channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions 8 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post over time since publication. Helps estimate 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 where you stand among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test purchase	761.6K
BI Biohackers	579.1K
GS GymDeals- Supplements & Whey Protein Offers	539.6K
BI Biohacking	530.5K
SL Sport Life	522.2K
VN Eternity in Tibet	490.9K
NT Our Body	479.2K
AU Ales Ulischenko Osteopath, PhD Faceplastic author	475.3K
BZ Be healthy	446.6K
DR DreaddyDaddy YOU	32.5K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 97 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 165.8K. First goal — enter top-97 through systematic work on traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

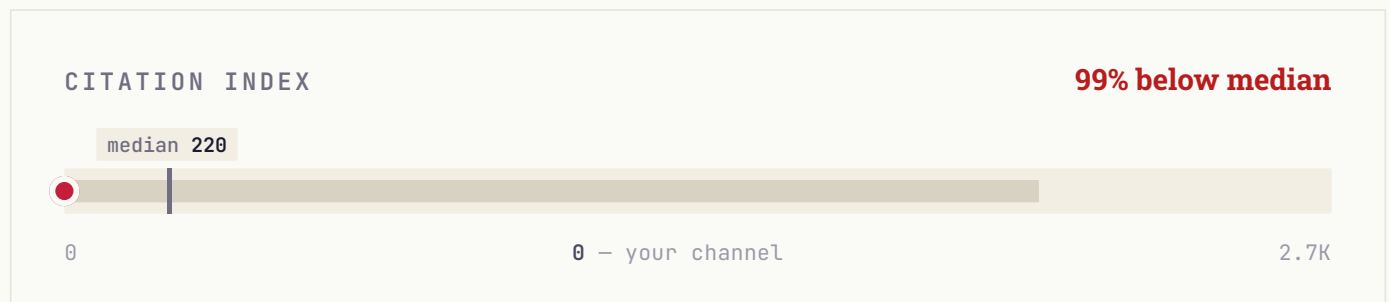
Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **3**, they brought **576** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	1	1	72	
December 2025	0	0	125	
Nov 2025	0	0	206	
Oct 2025	0	0	162	
September 2025	1	1	2	
August 2025	1	1	9	

TOTAL MENTIONS	MONTHS IN DATA	ACQUIRED SUBS
3	6	576

Where the channel stands in its league

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

Increase posting frequency

Now 2.2 posts/wk. Active channels avg 7-10.
Consistency is key to retention.

EFFECT

**Consistency
over volume**

02

Main post of the week — on Thursday

Audience is most active on this day at 14:00 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 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 point.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Cross-post 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 – what we can do in minutes from public data. Want to go further? Run ads through 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
