

— PROMTPRESS PUBLIC REPORT

Channel audit

Dukan Diet

**@dukandiet_ru**

All about the Dukan diet and more! Our Telegram chat https://t.me/dukandiet_chat Admin: @nataly_fit We on Telega.in: telega.in/channels/dukandiet_ru/card?r=4PwbmJ1IRK Registry: <https://clck.ru/3L8i7Y>

SUBSCRIBERS

46 595

+1348 per month

ERR (% SEE POSTS)

17.0%

last day 6.1%

REACH/POST

7.2K

ad reach 2.8K/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 & how mentions the channel

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your spot

07 Mention dynamics

6 months · monthly

08 Niche comparison

Position in 'Health & Fitness' category

09 Strategy

5 priority actions

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 46 595 —	SUBSCRIBER REACH 15.41% avg % subs see post	VIEWS/POST 7.2K median 7.2K · 28 days	POSTS/WEEK 14.0 for period
7D TREND -8.4% vs previous week	REACTIONS/POST 39.5 total 2,292 reactions, 5,557 reposts, 0 comments	POST LENGTH 713 chars median 726 · 28 days	POSTS ANALYZED 58 28 days
AD REACH 2.8K 24h avg	CHURN / MONTH +1348 last month	CITATION RATE 13 citation index · 32 channels mentioned ever	CHANNEL AGE 8 years 6 months created 08.01.2018

AI EDITOR SUMMARY

Channel «Dukan Diet» — 46 595 subs. Each post avg views 7.2K people (15% of subs), average reach — room to grow. Posts 14 posts/week (~2/day) — steady. Week Jun 22–28 reach dropped -8.4% by week Jun 15–21 — worth analyzing.

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 HAVE IN COMMON

- 01 Analysis based on **58** posts over 28 days.
- 02 Dominant format — **Video** (51/58 posts).
- 03 Avg post length — **713** chars (median 726).
- 04 Peak audience activity — **Thursday**, 10:00 MSK.
- 05 Top posts get **2×** more views than the weakest (1 1.6K avg for top vs 5.3K for worst) — among 58 posts over 28 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 23.06 · 04:07 VIDEO  ZUCCHINI PANCAKES Pancakes that help you lose weight! Breakfast in 10 minutes. ▫ 150 g zucchini ▫ 1 egg + 1 egg white ▫ 50 g whole wheat flour...	VIEWS 12 173 REACTIONS 92 REP. 332 ER 26.1%
Nº2 22.06 · 07:33 VIDEO  CUCUMBER KIMCHI This unreal appetizer goes with everything. #BO ▫ 4 cucumbers ▫ 2 garlic cloves ▫ 1 tbsp soy sauce ▫ 1 tbsp...	VIEWS 11 418 REACTIONS 48 REP. 134 ER 24.5%
Nº3 10.06 · 04:07 VIDEO  EGGPLANT ROLL Simple recipe that wins hearts at first bite  A juicy, aromatic and very beautiful appetizer that...	VIEWS 11 254 REACTIONS 73 REP. 154 ER 24.2%

Nº4

09.06 · 07:33

VIDEO

 MARINATED CHERRY TOMATOES WITH GARLIC ▯ 250 g cherry tomatoes ▯ 2-3 garlic cloves ▯ 1 dill sprig ▯ 150 ml water ▯ 150 ml rice...

VIEWS

10 958

REP.

82

REACTIONS

36

ER

23.5%

Nº5

11.06 · 07:54

VIDEO

 SUMMER VEGETABLE SPREAD ▯ 300 g eggplants ▯ 150 g tomatoes ▯ 150 g peppers ▯ 6 garlic cloves ▯ 100 g onion ▯ a little oil ▯ salt, dried...

VIEWS

10 753

REP.

135

REACTIONS

73

ER

23.1%

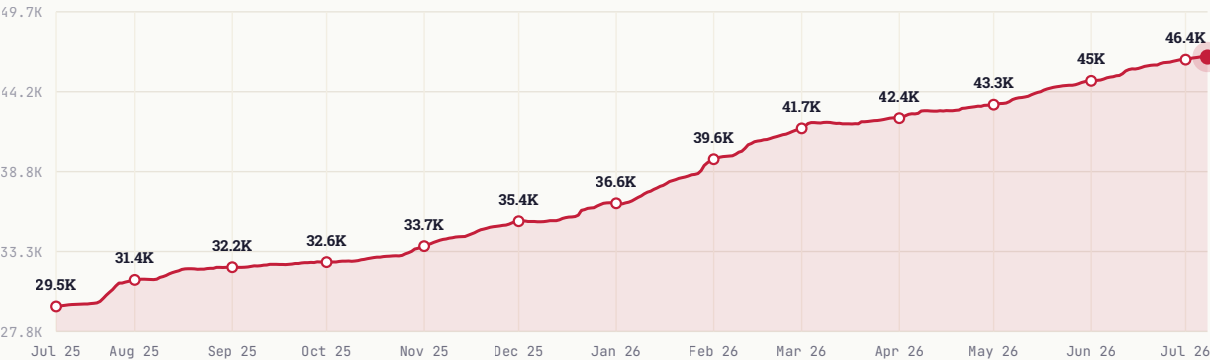
WORST 3

↓ 01.07 · 04:07 PHOTO Don't know what's on 'Attack' and 'Alternation'? Dukandiet.ru has ready-made Dukan diet menus so you don't have to every...	VIEWS 5 539 REP. 2 REACTIONS 15 ER 11.9%
↓ 04.07 · 04:07 VIDEO  CABBAGE PANCAKE FOR WEIGHT LOSS Grab the recipe for a delicious pancake. Super simple, but amazing taste! Even better with yogurt...	VIEWS 5 131 REP. 82 REACTIONS 32 ER 11.0%
↓ 04.07 · 06:07 PHOTO Homemade bread is comfort and care. And if it's tailored to your individual needs, it's doubly valuable. 🍞 RAKO APK...	VIEWS 5 126 REP. 3 REACTIONS 8 ER 11.0%

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.



START DATE

NOW

NET GROWTH

29 546

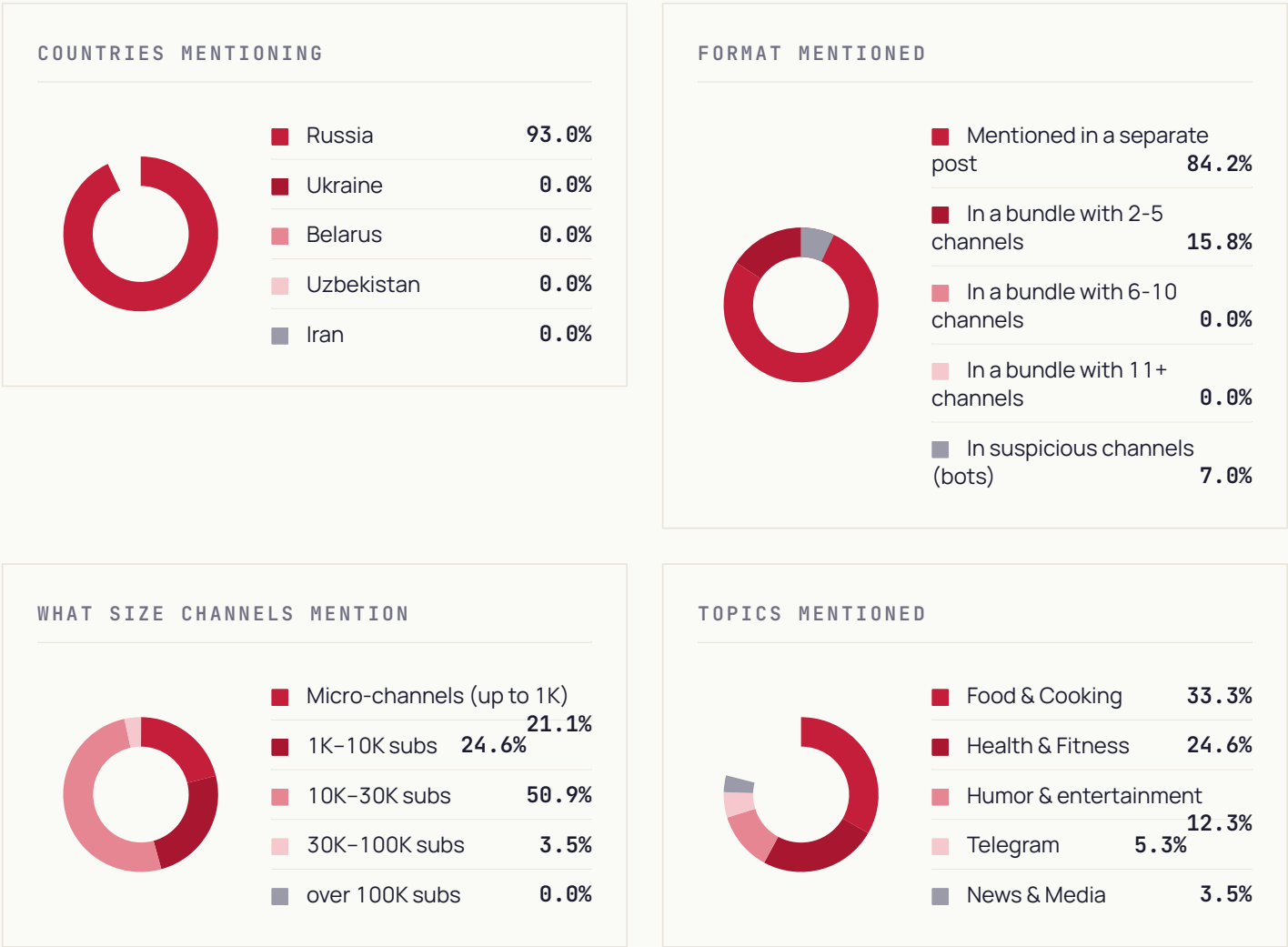
46 600

+17 054

SECTION 04 · MENTIONS

Who & how mentions the channel

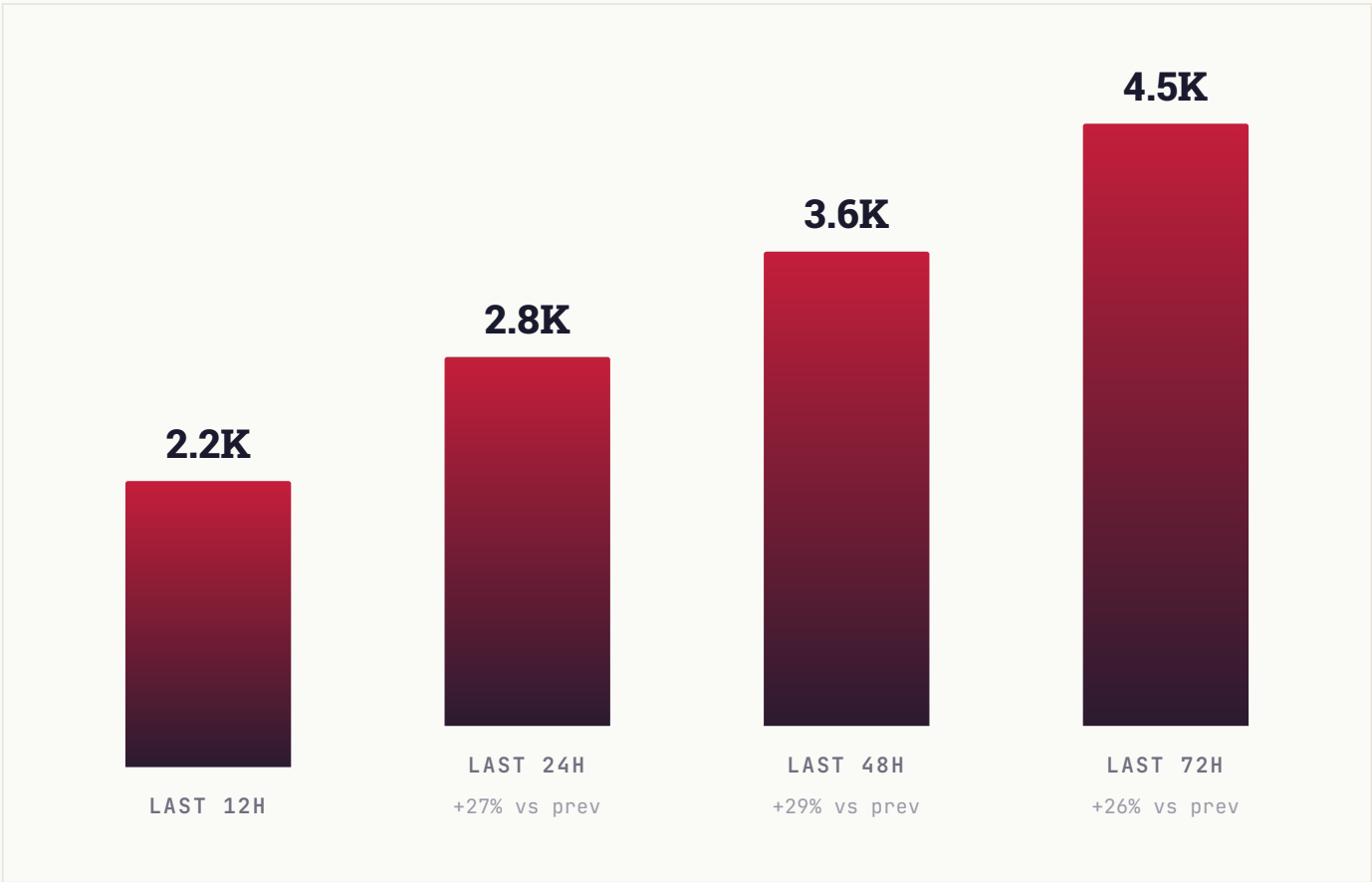
Citation index **13** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel was mentioned **32** different channels.



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 stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
DD Dukan Diet YOU	46.6K

COMPARATIVE CONCLUSION

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

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 **9**, they brought **8 491** new subs.

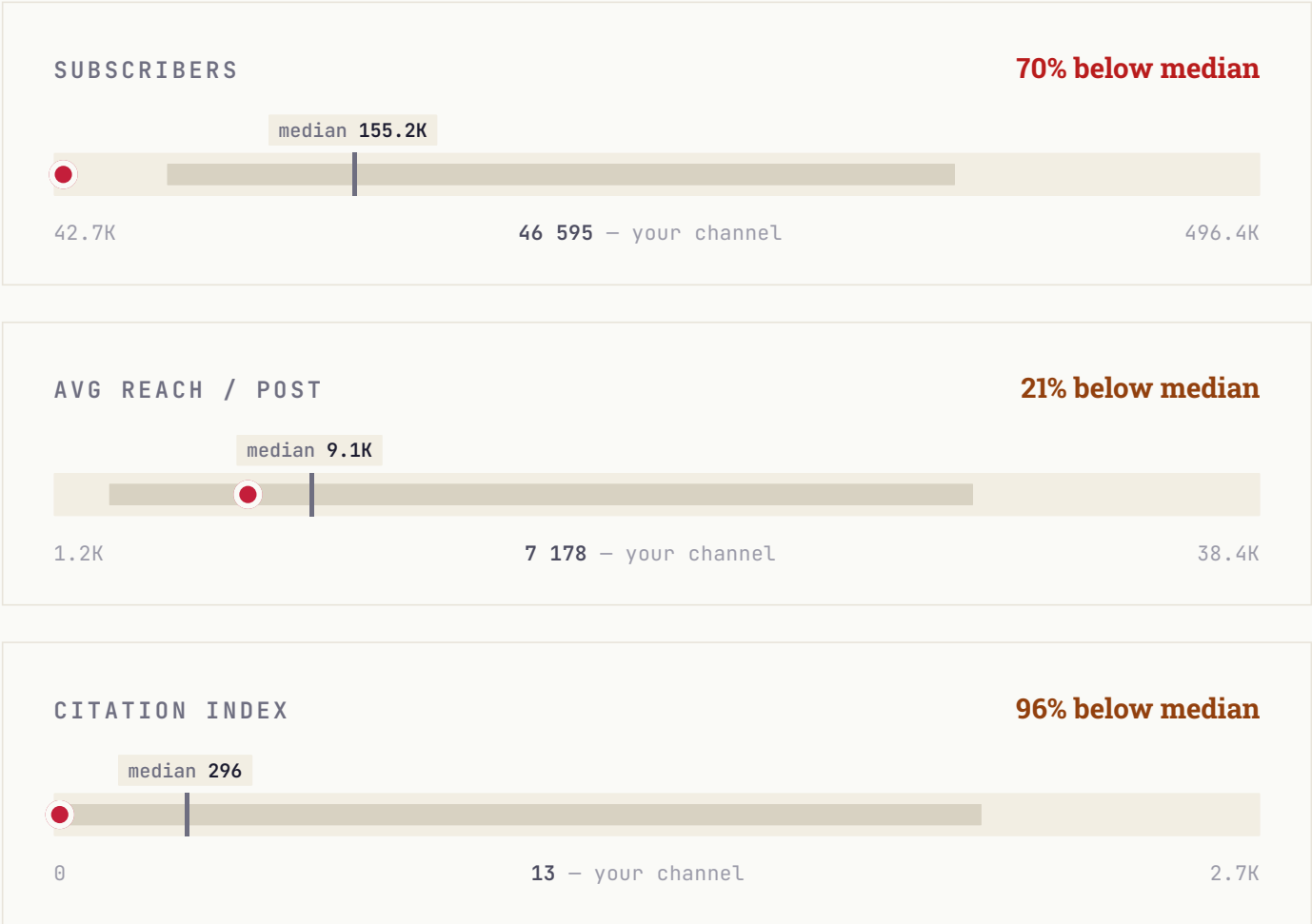
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	2	1	2 944	
December 2025	1	1	1 349	
November 2025	1	1	1 727	
October 2025	2	2	1 080	
Sep 2025	0	0	416	
August 2025	3	2	975	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
9	6	8 491

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band: range for 80% of niche channels (p10-p90). Black vertical: median. Red dot: your channel.



— SECTION 09 • STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Main post of the week — on Thursday
Audience is most active on this day at 10:00 MSK. | EFFECT
Best window
for an
important post |
| 02 | System traffic buy
Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromtPress picks sources for your niche. | EFFECT
+1000-3000
subs |
| 03 | Test polls & interactive formats
Posts with polls/reactions usually give +5-15% ER. One poll per week on a hot topic — easy growth point. | EFFECT
+5-15% ER |
| 04 | Cross-promo with adjacent channels
Swap posts quarterly with same-segment channels. 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 from public data. Want to go further? Run ads through us and hit your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
----	----------------------------	---

02	Contact manager	t.me/PromptPress_manager
----	------------------------	---
