

PUBLIC PROMTPRESS REPORT

Channel audit

ZAGOTOVKI



@dvoretskayaa

Templates to simplify life ✨ Collab @evgtix No. 5247382941

SUBSCRIBERS

90 128

-233 per month

ERR (% SEE POSTS)

19.0%

daily 6.6%

REACH/POST

16.9K

ad reach 5.9K/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 90 128 —	 SUBS REACH 18.8% avg % subs see post	 VIEWS/POST 16.9K median 18.2K · 21 days	 POSTS/WEEK 2.6 for period
 7D TREND — no data for period	 REACTS/POST 207.8 only 1,662 reactions, 1,480 reposts, 54 comments	 POST LENGTH 763 chars median 844 · 21 days	 POSTS ANALYZED 8 21 days
 AD REACH 5.9K 24h avg	 CHURN / MONTH -233 last month	 CITATION RATE 0 citation index · 9 channels mentioned ever	 CHANNEL AGE 1 year 9 months created 17.09.2024

AI EDITOR SUMMARY

Channel «ZAGOTOVKI 🕒» — 90 128 subs. Each post avg views 16.9K people (19% from subs), avg reach — room to grow. Publishes 3 posts/week (~0/day) — rare.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 8 posts in 21 days.
- 02 Dominant format – Video (7/8 posts).
- 03 Avg post length – 763 chars (median 844).
- 04 Peak audience activity – Saturday, 14:00 MSK.
- 05 Top posts get 1x more views than weakest (top avg 19.8K vs worst 13.3K) – among 8 posts in 21 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 13.06 · 11:03 VIDEO Brownie cookies 🥰 perfect freezer dessert prep!!! Ingredients: Chocolate (good, e.g. Lindt 70%) – 200 g Butter...	VIEWS 20 910 REP. 402	REACTS 229 ER 23.2%
Nº2 16.06 · 12:34 VIDEO Marinade for red fish, I have Murmansk salmon 🙌 Ingredients: Red fish fillet - 3 kg Coarse salt - 6 tbsp Sugar - 2 tbsp Ground...	VIEWS 19 312 REP. 201	REACTS 183 ER 21.4%
Nº3 21.06 · 08:18 PHOTO New batch of chicken prep 🍗 Chicken liver pâté Ingredients: Chicken liver – 500 g Carrots – 1 pc. Onion – 1 pc. Sweet & sour...	VIEWS 19 087 REP. 298	REACTS 291 ER 21.2%

Nº4 18.06 • 09:47 VIDEO 🍓 First 2 kg of strawberries used for jam 🍓 Strawberry jam (from 2 kg of berries) Ingredients: 🍓 Strawberries (stemmed) – 2 kg 🍓 Sugar – 1...	VIEWS 18 772 REACTS 176 REP. 168 ER 20.8%
Nº5 11.06 • 09:43 VIDEO (post without caption – video)	VIEWS 17 614 REACTS 184 REP. 4 ER 19.5%

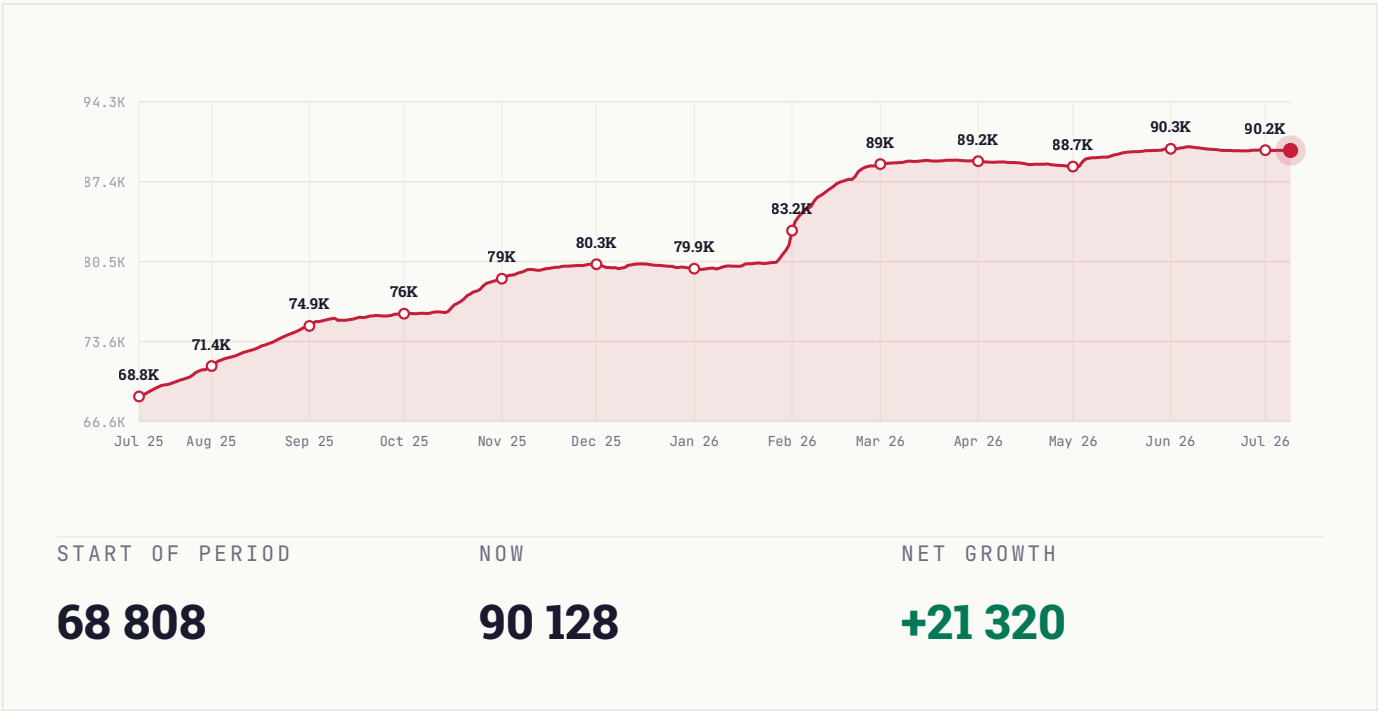
WORST 3

↓ 18.06 • 06:26 VIDEO (post without caption – video)	VIEWS 17 538 REACTS 135 REP. 37 ER 19.5%
↓ 30.06 • 10:27 VIDEO Prepping syrniki for a month ahead 🔥 Ingredients for ~25 pcs: 🍓 cottage cheese 5-9% – 1 kg 🍓 eggs C1 – 3 pcs 🍓 sugar – 60 g 🍓 rice flour – 110 g +...	VIEWS 12 610 REACTS 227 REP. 225 ER 14.0%
↓ 03.07 • 07:55 VIDEO This summer's dessert we make several times a week 🍓🍓 Ingredients for 3 servings: 🍓 1/2 cup chia seeds 🍓 2.5 cups milk (...	VIEWS 9 688 REACTS 237 REP. 145 ER 10.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

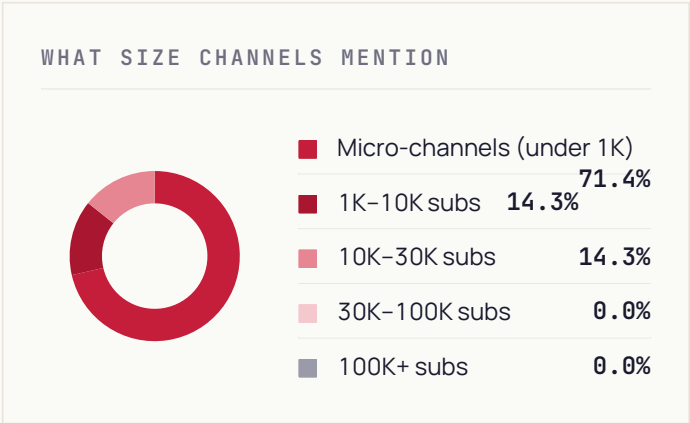
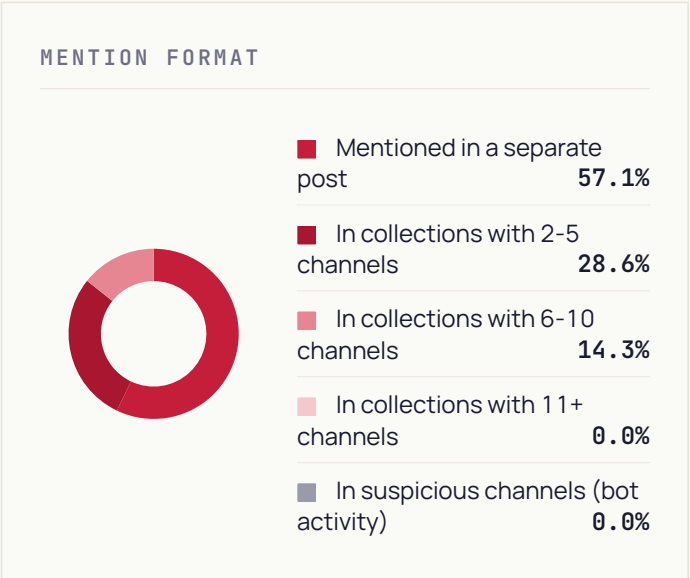
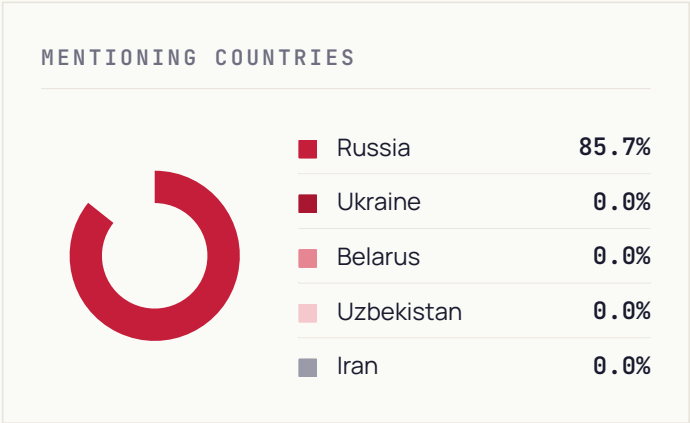
Subscriber growth chart over the year. Key months show exact subscriber count.
See which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

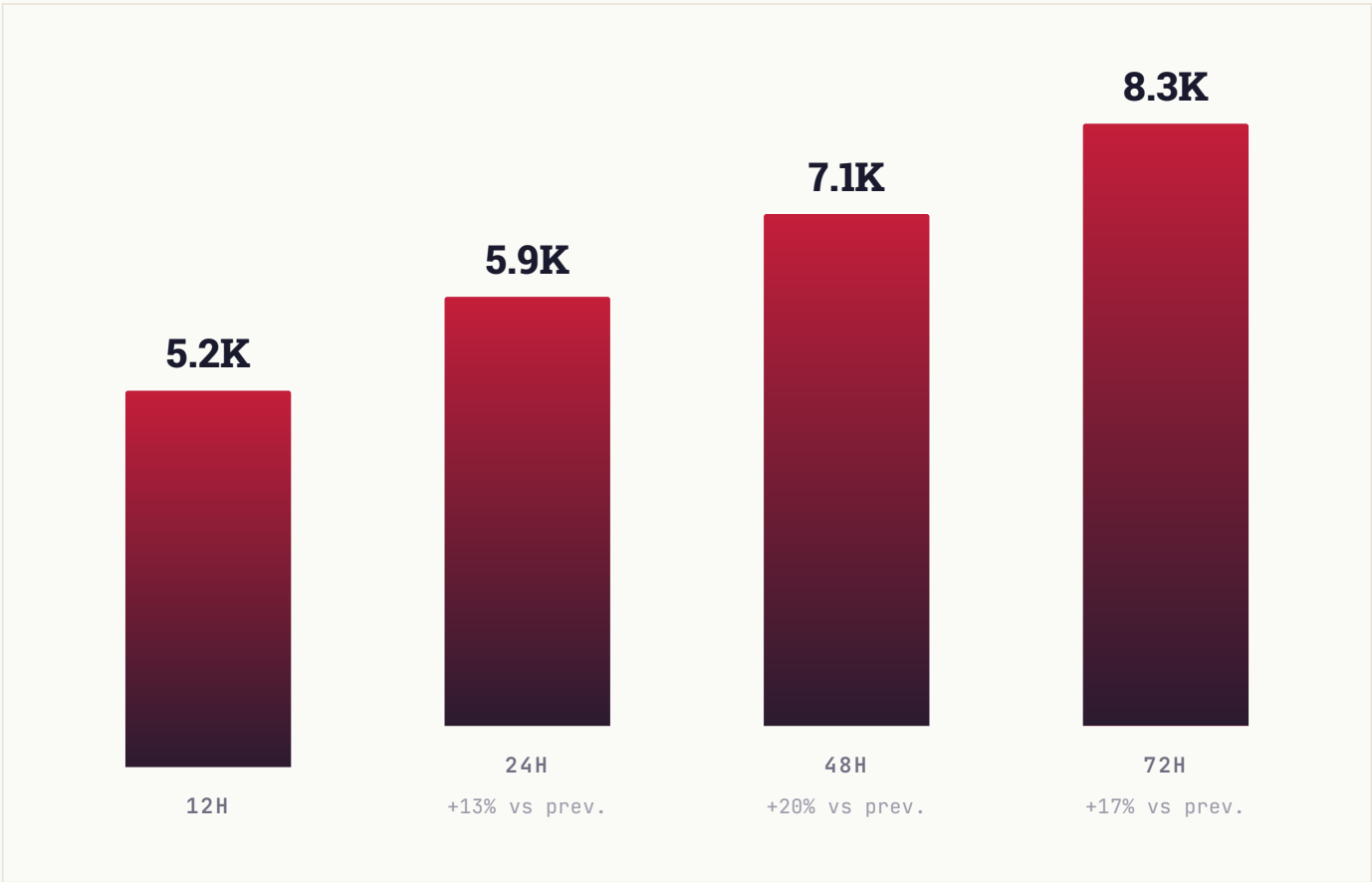
Citation index 0 – channel popularity rating based on mentions. Considers not only quantity but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: 9 different channels.



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 should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KR Cooking Recipes Salads 🧑🍳	995.6K
Fri Pyaterochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air Fryer Recipes	593.3K
Mon Simple Recipes	586.9K
KR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Sun Daily recipes	461.5K
Z 🕒 ZAGOTOVKI 🕒 YOU	90.1K

COMPARATIVE CONCLUSION

Channel not yet outside top 94 niche — early growth stage. Niche leader — Cooking Recipes Salads 🧑🍳 (995.6K), median top-94: 205K. First goal — enter top-94 through systematic traffic and 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 were **5**, they brought **12 200** new subs.

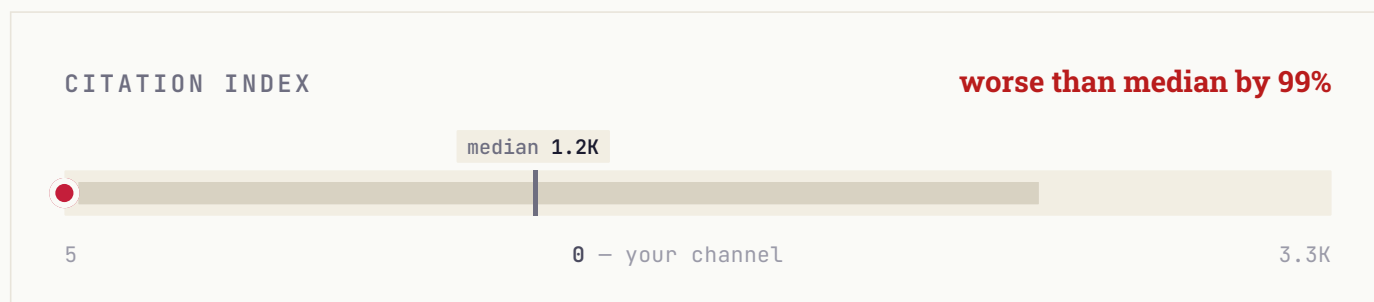
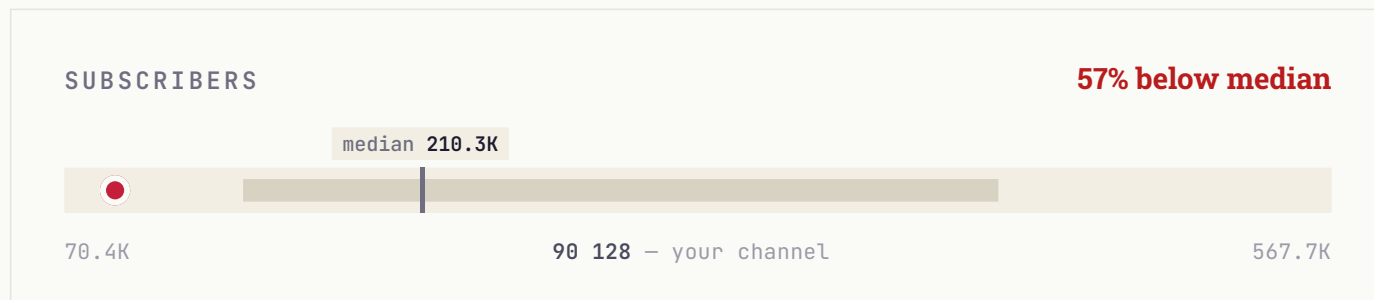
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	0	0	2 261
December 2025	2	2	464
Nov 2025	1	1	1 455
Oct 2025	2	1	3 072
September 2025	0	0	1 406
August 2025	0	0	3 542

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBS
5	6	12 200

SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

Took top-**100** channels in category "**Food & Cooking**» (Russia) and saw how your channel compares. Gray band – range covering 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 off and revisit this report in a month.

01

Increase posting frequency

Now 2.6 posts/wk. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Top post of the week — on Saturday

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 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 give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads with us and hit your growth plan in a month.

01

**Launch ads on
Telegram**

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

02

Contact manager

t.me/PromptPress_manager