

PROMTPRESS PUBLIC REPORT

Channel audit

Facets of the Brain | Energy Youth



@energiya_molodost
Brain hacks & personal productivity 🧠👉 Ads & strong integrations
— @jaMasha Productivity, thinking, and habits that help you achieve
more. 📖 A book that boosts...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
51 858	10.0%	5.1K
12.07.2026 -399 per month	Daily 5.8% HTTPS://PROMTPRESS.COM/AUDIT/ENERGIYA_MOLODOST	Ad reach 3K/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 51 858 —	 SUBSCRIBER REACH 9.83% Avg % subs see post	 VIEWS/POST 5.1K Median 5K · 23 days	 POSTS/WEEK 2.4 For period
 7D TREND +3.0% vs previous week	 REACTIONS/POST — MTPROTO only	 POST LENGTH 720 chars Median 722 · 23 days	 POSTS ANALYZED 8 23 days
 AD REACH 3K 24h avg	 CHURN / MONTH -399 Last month	 QUOTABILITY 489 Citation index · 748 channels mentioned ever	 CHANNEL AGE 7 years 6 months Created 24.12.2018

AI EDITOR SUMMARY

Channel «Facets of the Brain | Energy Youth» — 51 858 subs. Each post avg views 5.1K people (10% from subs), reach low — need to grow audience. Publishes 2 posts/week (~0/day) — rare. Week Jun 29 – Jul 5 reach Stable (+3.0% vs week of June 22–28).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 8 posts in 23 days.
- 02 Dominant format – Photo (7/8 posts).
- 03 Avg post length – 720 chars (median 722).
- 04 Peak audience activity – Tue, 10:00 MSK.
- 05 Strongest posts get 1× More views than weakest (5.7K top avg vs 4.5K worst) – among 8 posts in 23 days. Worth analyzing top’s common traits: topic, format, timing.

TOP 5 POSTS

Nº1 30.06 · 07:00 TEXT Why are relationships and other people so important to us? What needs do close ones, friends, and distant acquaintances fulfill? Where...	VIEWS 6 065 REPOSTS 4	REACTIONS — ER 11.7%
Nº2 16.06 · 08:03 PHOTO You're not tired. You've just been living someone else's life too long. Artyom just got in the car and drove. No route, no plan, almost empty...	VIEWS 5 652 REPOSTS 13	REACTIONS — ER 10.9%
Nº3 18.06 · 16:00 PHOTO Sports for men? Honest talk Let's be real. When you first hit the gym, you tell yourself: it's for health, for...	VIEWS 5 450 REPOSTS 6	REACTIONS — ER 10.5%

Nº4

24.06 · 08:43

PHOTO

WHITE COATS WON'T SAVE YOU

There are places promising a new life. White walls. Clean food. Breathing exercises. Smiling guru. Lake...

VIEWS

5 200

REACTIONS

—

REPOSTS

6

ER

10.0%

Nº5

29.06 · 14:53

PHOTO

Welcome aboard flight “Later”.

Boarding, as usual, is delayed. There are people who don't live badly. They just keep waiting for the right...

VIEWS

4 878

REACTIONS

—

REPOSTS

5

ER

9.4%

WORST 3

↓

25.06 · 16:00

PHOTO

Your brain works against you

A smart brain often suggests ideas that seem logical. But in practice they lead nowhere. Especially...

VIEWS

4 746

REACTIONS

—

REPOSTS

13

ER

9.2%

↓

03.07 · 13:55

PHOTO

If you're still waiting for a sign — maybe you're just chicken.

We like to think life will start beautifully. With the new year. On Monday...

VIEWS

4 419

REACTIONS

—

REPOSTS

4

ER

8.5%

↓

09.07 · 16:00

PHOTO

Neurons need a boost

The brain is our main algorithm, and it also needs proper regulation. Information noise, fatigue, stress —...

VIEWS

4 370

REACTIONS

—

REPOSTS

3

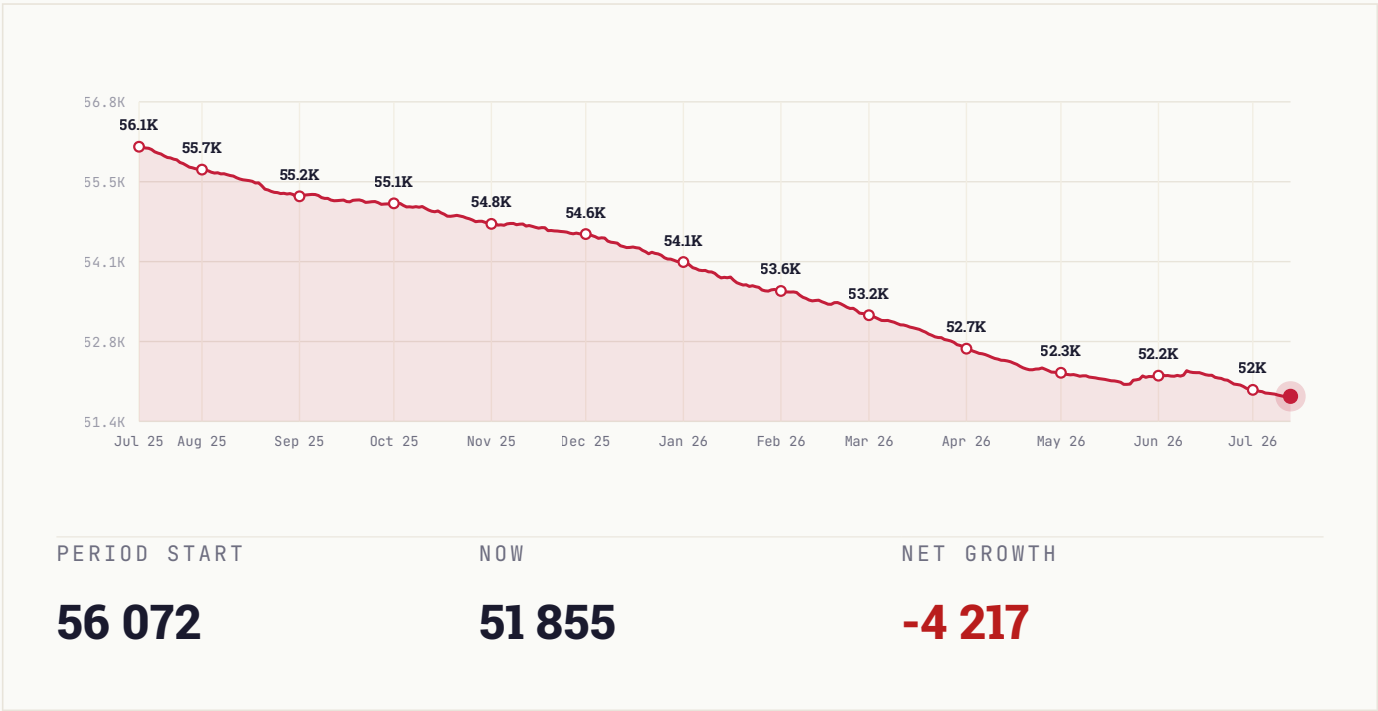
ER

8.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

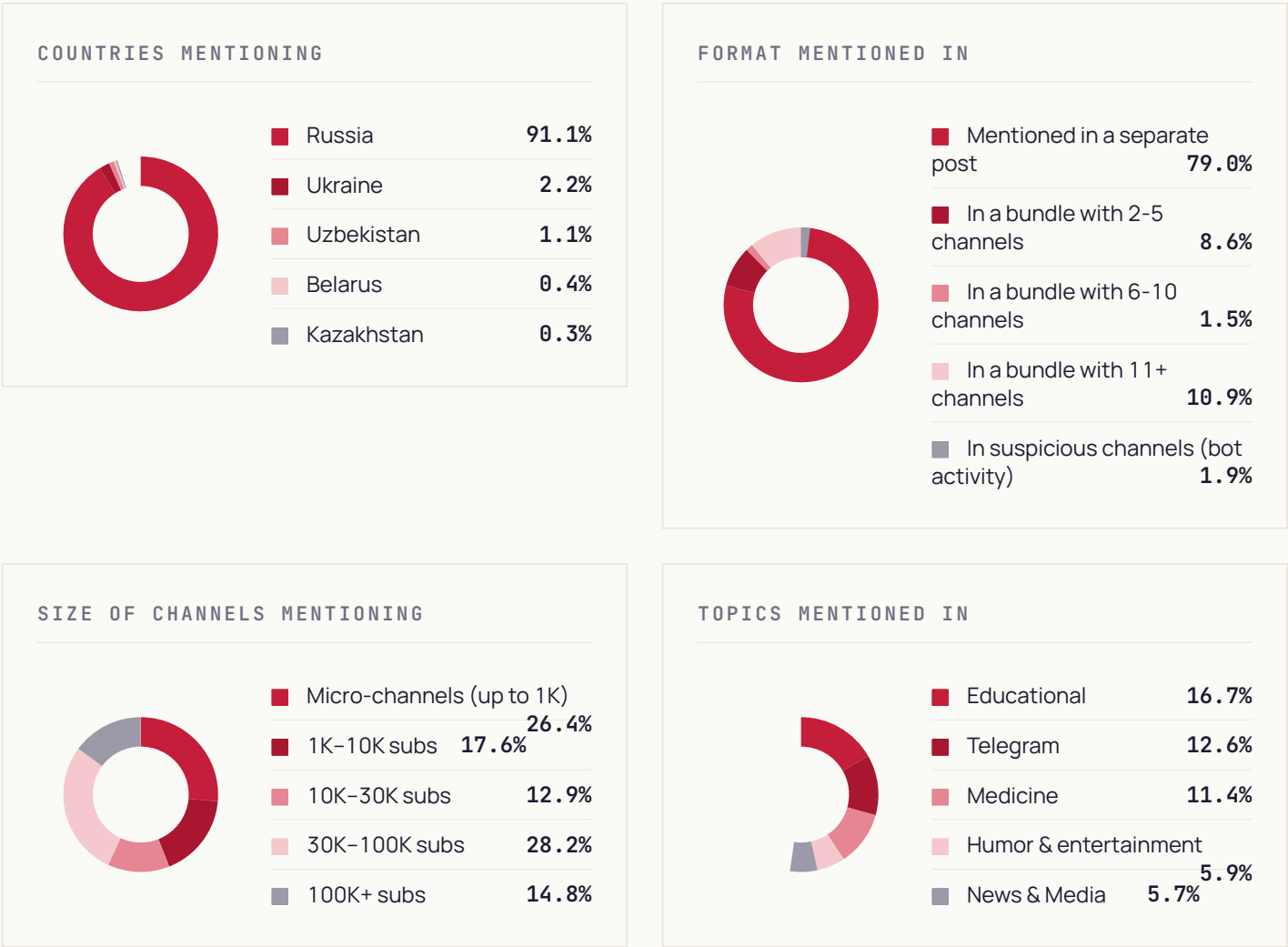
Subscriber growth graph for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subscribers.



SECTION 04 · MENTIONS

Who mentions the channel and how

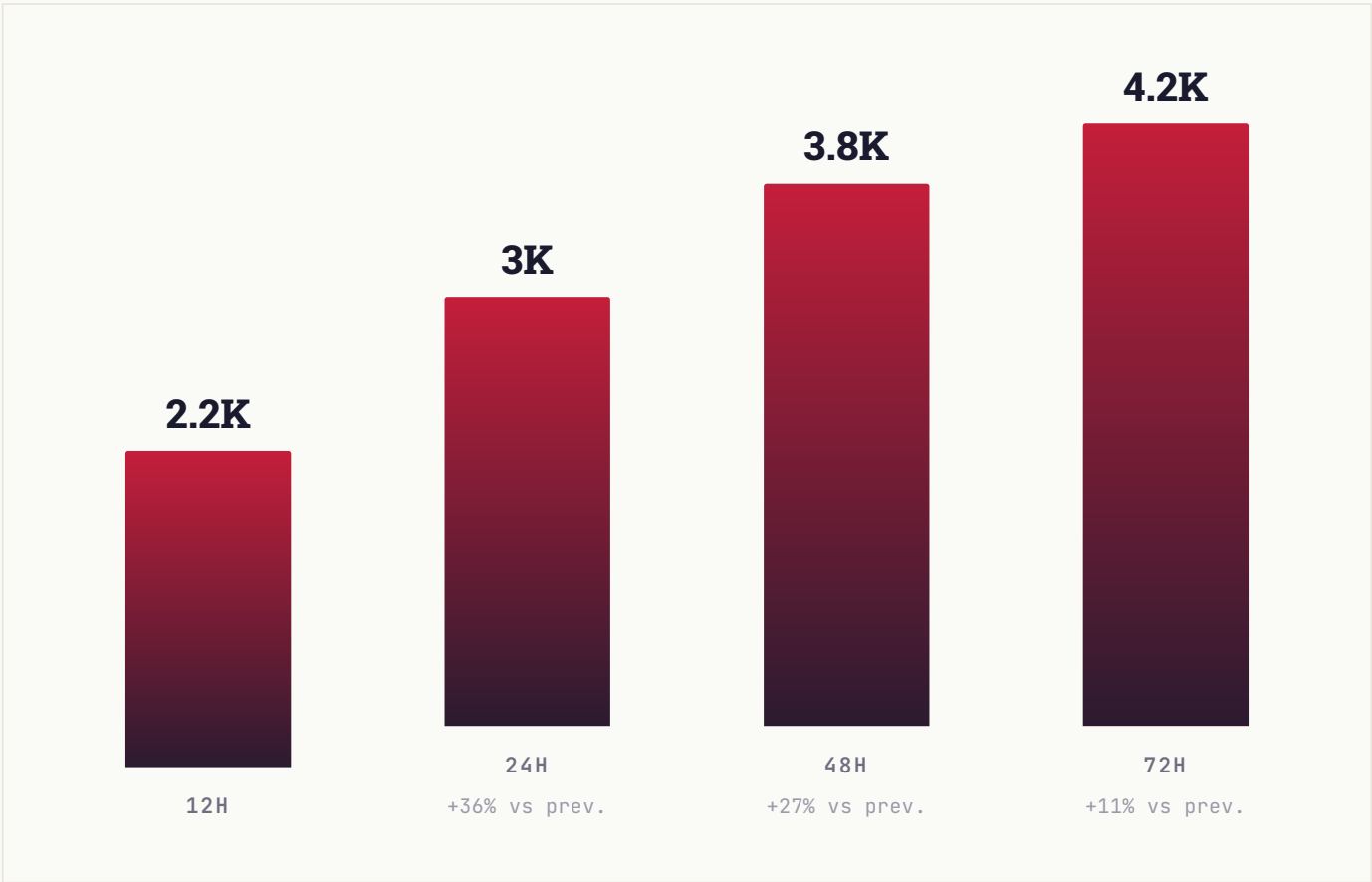
Citation index **489** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **748** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps gauge how long a placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 Nearest channels by topic & audience. Your channel highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Face plastic surgery author	476.4K
BZ Stay healthy	447.3K
GM Facets of the Brain Energy Youth YOU	51.9K

COMPARATIVE INSIGHT

Channel not yet Outside niche top 97 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal: enter top-97 through systematic traffic & content work.

SECTION 07 · MENTION TRENDS

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: **12**, they brought **409** New subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	4	4	65
December 2025	1	1	44
November 2025	4	4	90
October 2025	0	0	76
September 2025	0	0	112
August 2025	3	3	22

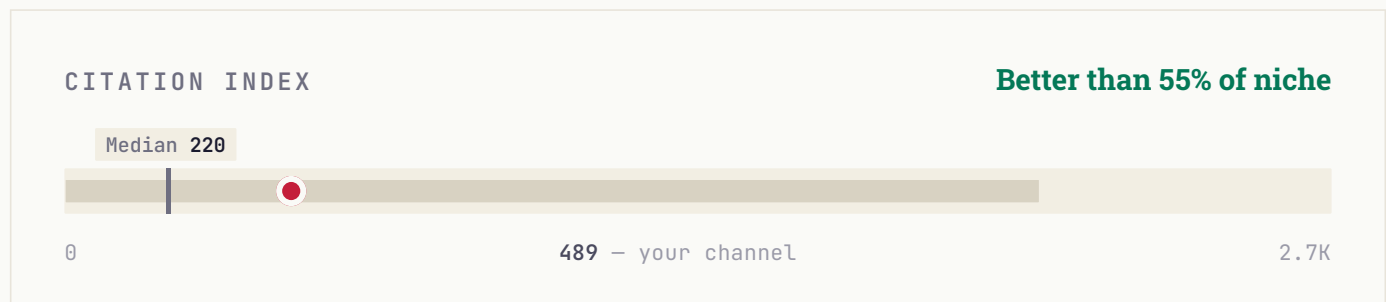
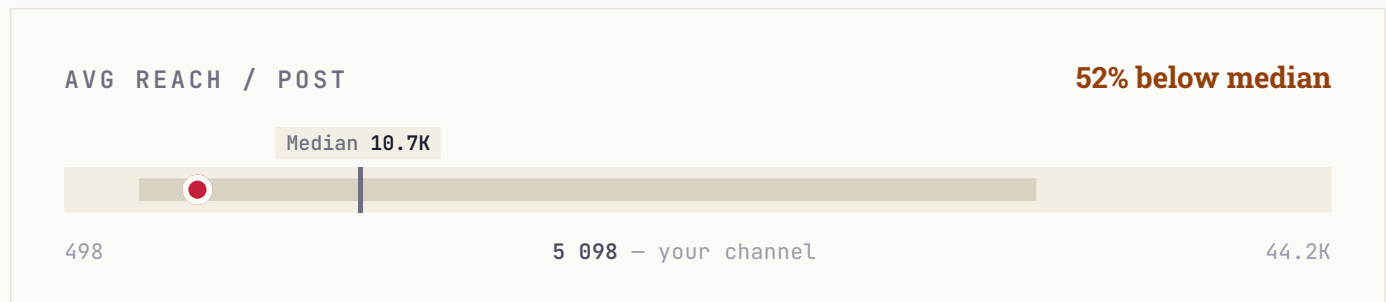
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
12	6	409

Where the channel stands in its league

SUBSCRIBERS 70% below median

Median 170.4K

53.2K 51 858 — your channel 545.2K



— 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 2.4 posts/wk. Active channels norm 7-10.
Consistency is key to audience retention. | EFFECT
Consistency beats volume |
| 02 | Top post of the week — on Tuesday
Audience is most active on this day at 10:00 MSK. | EFFECT
Best time for an important post |
| 03 | Increase share of video posts
Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%. | EFFECT
Video retains audience better |
| 04 | 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 |
| 05 | Test polls & interactive formats
Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy growth lever. | EFFECT
+5-15% ER |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. To go further — run ads through us and close 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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