

PUBLIC REPORT BY PROMTPRESS

Channel audit

Nadia Pakhirko | Lose weight with a dietitian



@expert_po_figure_pahirko

How to lose weight tasty and safely without hunger, bans, or grueling sports at any age? 🔥 35,000 lost weight 👉 https://t.me/results_expert_po_figure 🔥 Student reviews 👉 ...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
58 142	4.0%	2.1K
13.07.2026 -79 per month	per day 1.9% https://promptpress.com/audit/expert_po_figure_pahirko	ad reach 1.1K/24h https://promptpress.com/audit/expert_po_figure_pahirko

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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 58 142 —	 SUBSCRIBER REACH 3.56% avg % of subs see post	 VIEWS/POST 2.1K median 2K · 29 days	 POSTS/WEEK 18.9 over period
 7D TREND -31.9% vs previous week	 REACTIONS/POST 16.5 only 1,320 reactions, 1,156 reposts, 241 comments	 POST LENGTH 815 chars median 999 · 29 days	 POSTS ANALYZED 80 29 days
 AD REACH 1.1K 24h avg	 CHURN / MONTH -79 last month	 CITATION RATE 450 citation index · 446 channels mentioned ever	 CHANNEL AGE 5 years 4 months created 13.03.2021

AI EDITOR SUMMARY

Channel «Nadya Pakhirko | Lose Weight with Dietitian» — 58 142 subs. Each post averages 2.1K people (4% from subs), reach is low — worth expanding audience. Publishes 19 posts per week (~3/day) — regular schedule. For week Jun 29 – Jul 5, reach dropped -31.9% to week Jun 22–28 — worth analyzing reasons.

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 TOP POSTS HAVE IN COMMON

- 01 Analysis based on **80** posts over 29 days.
- 02 Dominant format — **Video** (29/80 posts).
- 03 Avg post length — **815** chars (median 999).
- 04 Peak audience activity — **Friday, 07:00 MSK**.
- 05 Top posts get **2x** more views than the weakest (3.6K avg for top vs 1.5K for worst) — among 80 posts over 29 days. Worth analyzing what the top have in common: topic, format, timing.

TOP 5 POSTS

Nº1 22.06 · 04:01 TEXT FOR BEGINNERS! NAVIGATION & GIFT! ❤️ Hi, I'm Nadezhda Pakhirko, a dietitian consultant with an international diploma, working only...	VIEWS 3 821 REP. 32	REACTIONS 37 ER 6.6%
Nº2 23.06 · 04:06 PHOTO Hot: I eat little but weight stays or grows. Where do summer calories go? 🙄🙄Girls, in summer calories know how to hide and sneak in unnoticed...	VIEWS 3 442 REP. 55	REACTIONS 37 ER 5.9%
Nº3 19.06 · 04:02 PHOTO HOW TO SAVE ON FAT Girls, I know each of you dreams of becoming slim and forever forgetting about sagging belly, heaviness, and shortness of breath. 🙄🙄But...	VIEWS 3 397 REP. 1	REACTIONS 6 ER 5.8%

Nº4 21.06 · 04:02 VIDEO WHAT I EAT AS A DIETITIAN TO GET FIBER Girls, want to easily lose weight, look good and feel great? Then don't...	VIEWS 3 235 REP. 24	REACTIONS 52 ER 5.6%
Nº5 26.06 · 04:01 PHOTO HALF A KILO OF STRAWBERRIES FOR WEIGHT LOSS Girls, who can resist a cup of fragrant strawberries with sour cream and sugar in summer? And look...	VIEWS 3 101 REP. 19	REACTIONS 44 ER 5.3%

|

WORST 3

↓ 16.06 · 15:04 VIDEO (post without caption – video)	VIEWS 1 603 REP. 2	REACTIONS 4 ER 2.8%
↓ 01.07 · 15:02 VIDEO (post without caption – video)	VIEWS 1 455 REP. —	REACTIONS — ER 2.5%
↓ 03.07 · 15:00 VIDEO (post without caption – video)	VIEWS 1 400 REP. 1	REACTIONS 6 ER 2.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

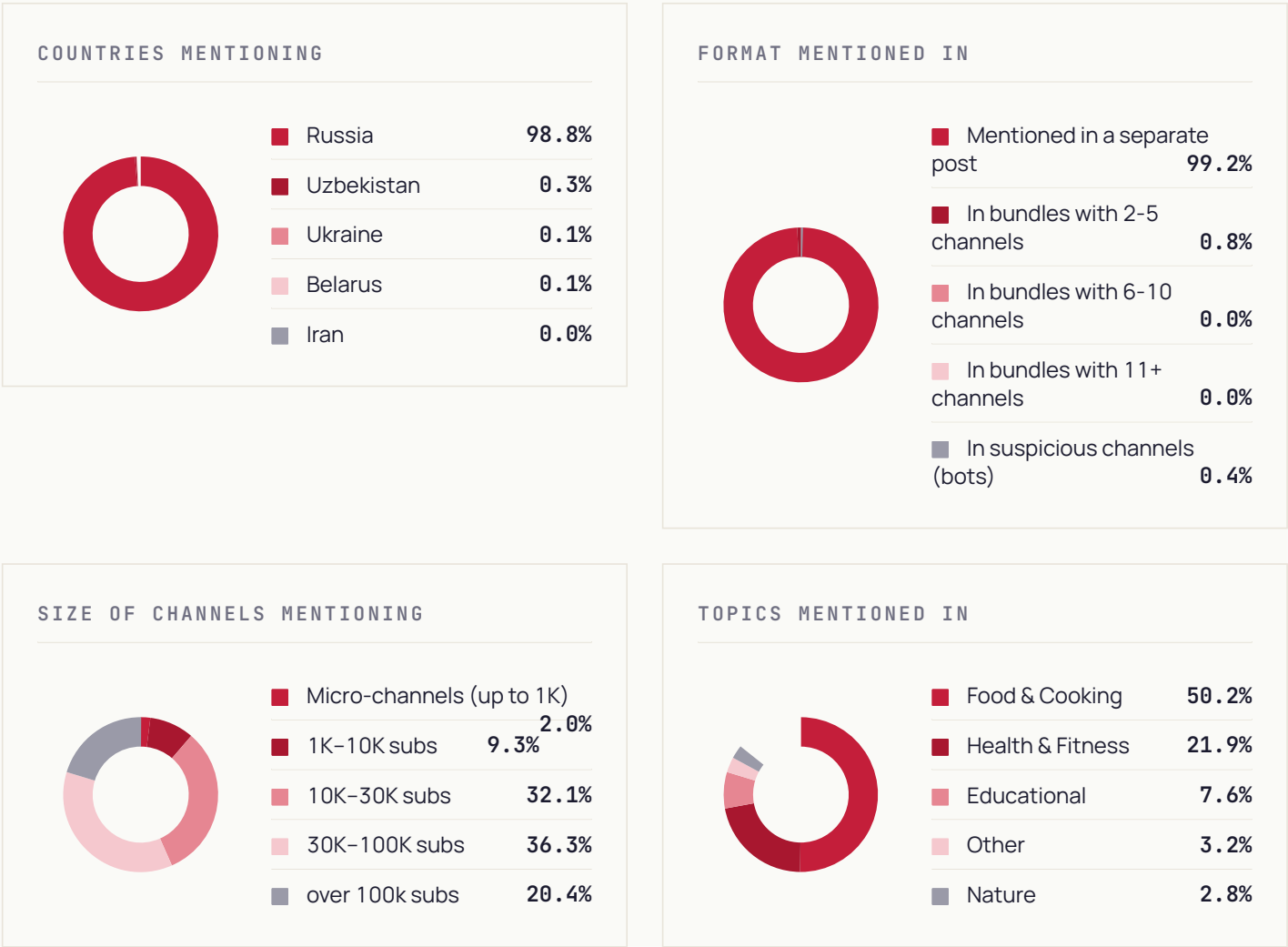
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

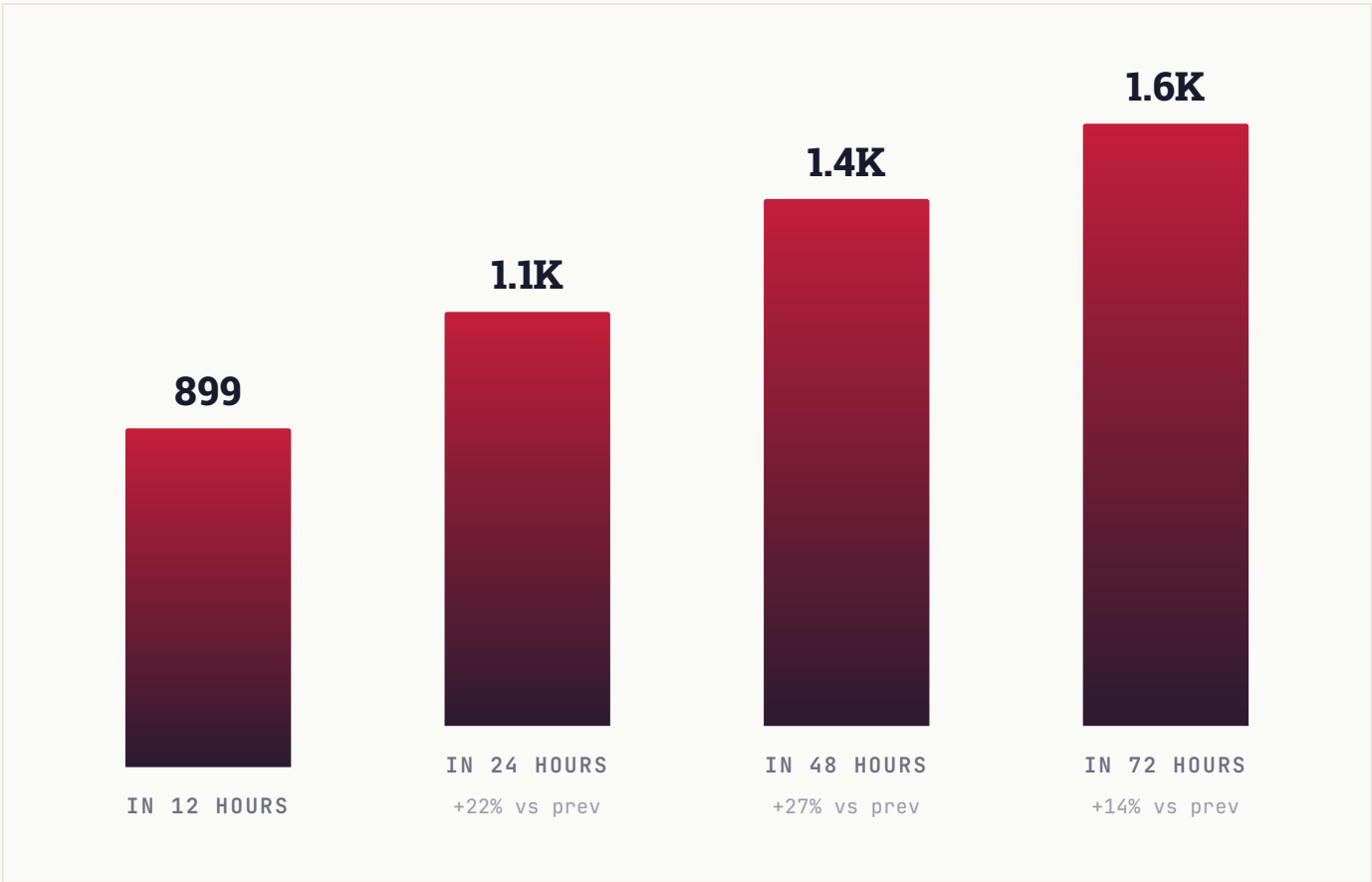
Citation index **450** — channel popularity rating based on mentions. Accounts for not only their count but also the weight of mentioning channels: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All time the channel was mentioned **446** different channels.



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
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 Author of faceplastics	476.4K
BZ Stay Healthy	447.3K
NP Nadia Pakhirko Lose weight with a dietitian YOU	58.1K

COMPARATIVE INSIGHT

Channel not yet outside top 97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. 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 **39**, they brought **5 542** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	1	1	638
December 2025	3	1	181
November 2025	8	2	608
October 2025	10	1	758
September 2025	8	1	1 238
August 2025	9	1	2 119

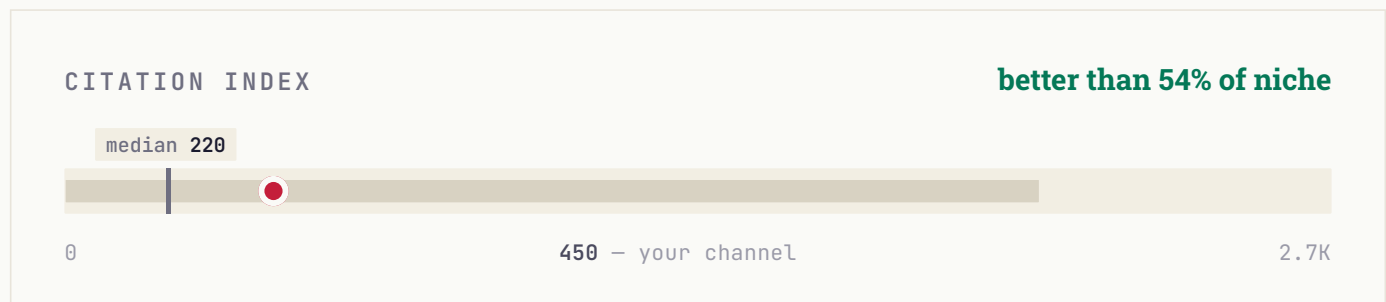
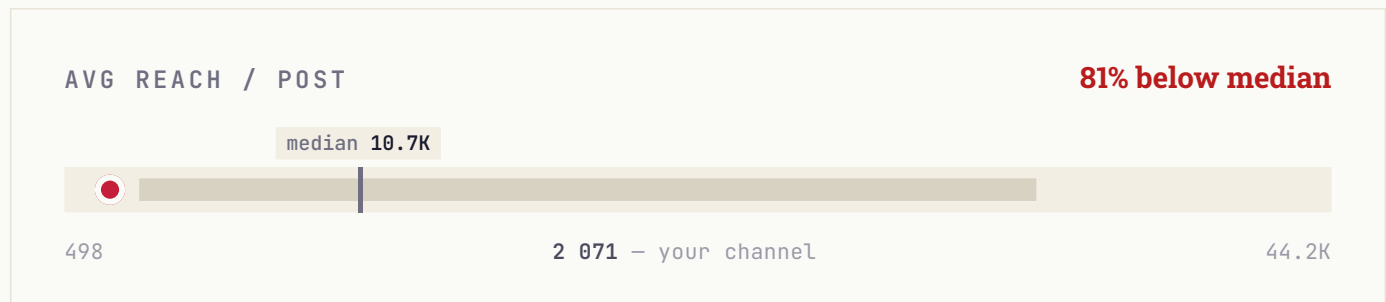
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
39	6	5 542

Where channel stands in its league

SUBSCRIBERS 66% below median

median 170.4K

53.2K 58 142 — your channel 545.2K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Can be checked off and revisited in a month.

01

Main post of the week — on Friday

Audience is most active on this day at 07:00 MSK.

EFFECT

**Best window
for important
posts**

02

ER below niche benchmark — rethink formats

Current ER 3.56% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+3.4pp ER

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 and 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 nearby 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 a few minutes based on public data. If you want to go further — run ads through us and close your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
