

PROMTPRESS PUBLIC REPORT

Channel audit

Fahrenheit



@fahrenheitplus

Fahrenheit — healthy water & sports nutrition daily Feedback
(wishes, suggestions, complaints): @Fahrenheitplus_hello Official
site: www.fahrenheit-plus.ru

SUBSCRIBERS

47 695

+26087 per month

ERR (% SEE POSTS)

12.0%

daily 17.3%

REACH/POST

6.3K

ad reach 8.9K/24h

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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 47 695 —	 SUBSCRIBER REACH 13.15% avg % subs see post	 VIEWS/POST 6.3K median 4.1K · 29 days	 POSTS/WEEK 6.0 over period
 7D TREND +592.5% vs previous week	 REACTIONS/POST 22.2 only 555 reactions, 122 reposts, 58 comments	 POST LENGTH 546 chars median 570 · 29 days	 POSTS ANALYZED 25 29 days
 AD REACH 8.9K 24h avg	 CHURN / MONTH +26087 last month	 CITATION RATE 40 citation index · 124 channels mentioned ever	 CHANNEL AGE 3 years 5 months created 08.02.2023

AI EDITOR SUMMARY

Channel «Fahrenheit» — 47 695 subs. Each post averages 6.3K people (13% of subs), reach is low — consider expanding audience. Publishes 6 posts per week (~1/day) — infrequent. For week Jun 29 — Jul 5 reach grew +592.5% to week Jun 22–28 — positive trend.

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 25 posts over 29 days.
- 02 Dominant format — Photo (12/25 posts).
- 03 Avg post length — 546 chars (median 570).
- 04 Peak audience activity — Friday, 17:00 MSK.
- 05 Top posts get 15x more views than the weakest (18.9K avg for top vs 1.3K for worst) — among 25 posts over 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 04.07 · 08:01 VIDEO Summer is perfect for walks, lemonades, and beautiful content  Here are Moscow spots where photos turn out especially...	VIEWS 23 345 REACTIONS 48 REP. 20 ER 48.9%
Nº2 03.07 · 14:04 PHOTO Where to find Fahrenheit in July 😊 All month we'll be at the brightest sports events in the capital. July 4 — Moscow Sports Day Workouts...	VIEWS 19 919 REACTIONS 32 REP. 13 ER 41.8%
Nº3 06.07 · 16:31 PHOTO Piter, Dmitry Nedelin and Fahrenheit — perfect 🙌 On July 4, the White Nights marathon took place. At the SberPrime marathon expo, together with Lamoda...	VIEWS 13 492 REACTIONS 49 REP. 5 ER 28.3%

Nº4 02.07 • 17:35 PHOTO We bid farewell to June at the Moscow Marathon of Workouts 🦵 Fahrenheit was part of a massive sports festival that gathered 50 thousand...	VIEWS 11 001 REACTIONS 17 REP. 3 ER 23.1%
Nº5 07.07 • 13:23 POLL (captionless post – poll)	VIEWS 10 430 REACTIONS 18 REP. 4 ER 21.9%

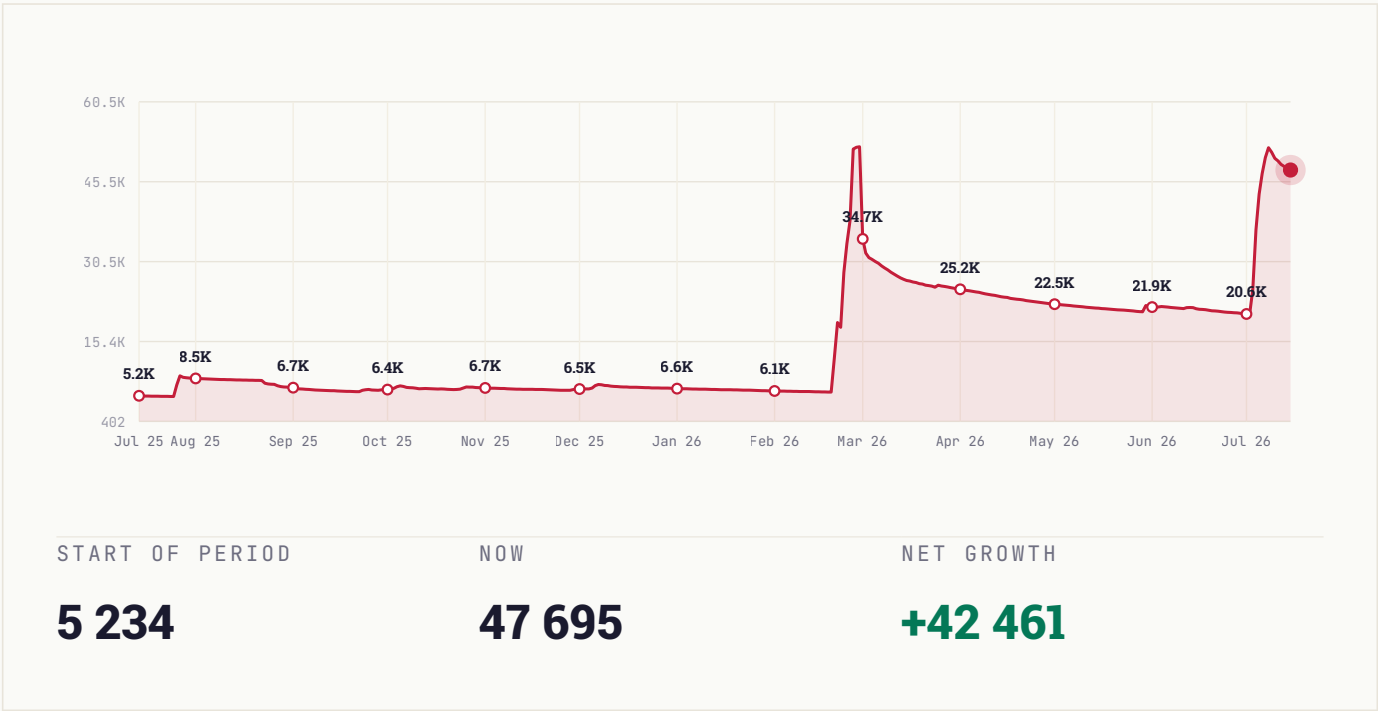
WORST 3

↓ 24.06 • 12:40 PHOTO Lemon season is open🍋🍋 Liter Vitamin Power Boost— now in Samokat! More volume, more freshness and summer mood in one...	VIEWS 1 465 REACTIONS 24 REP. 3 ER 3.1%
↓ 23.06 • 16:01 TEXT June 24 in Moscow is a special day for those who wanted to spend time among art 🎨 Fahrenheit invites you to the Moscow Museum...	VIEWS 1 225 REACTIONS 15 REP. 13 ER 2.6%
↓ 29.06 • 11:35 VIDEO In summer, outdoor workouts are a special pleasure 🦵 If you're in Moscow and tired of Luzhniki, here are a few...	VIEWS 1 149 REACTIONS 20 REP. 3 ER 2.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

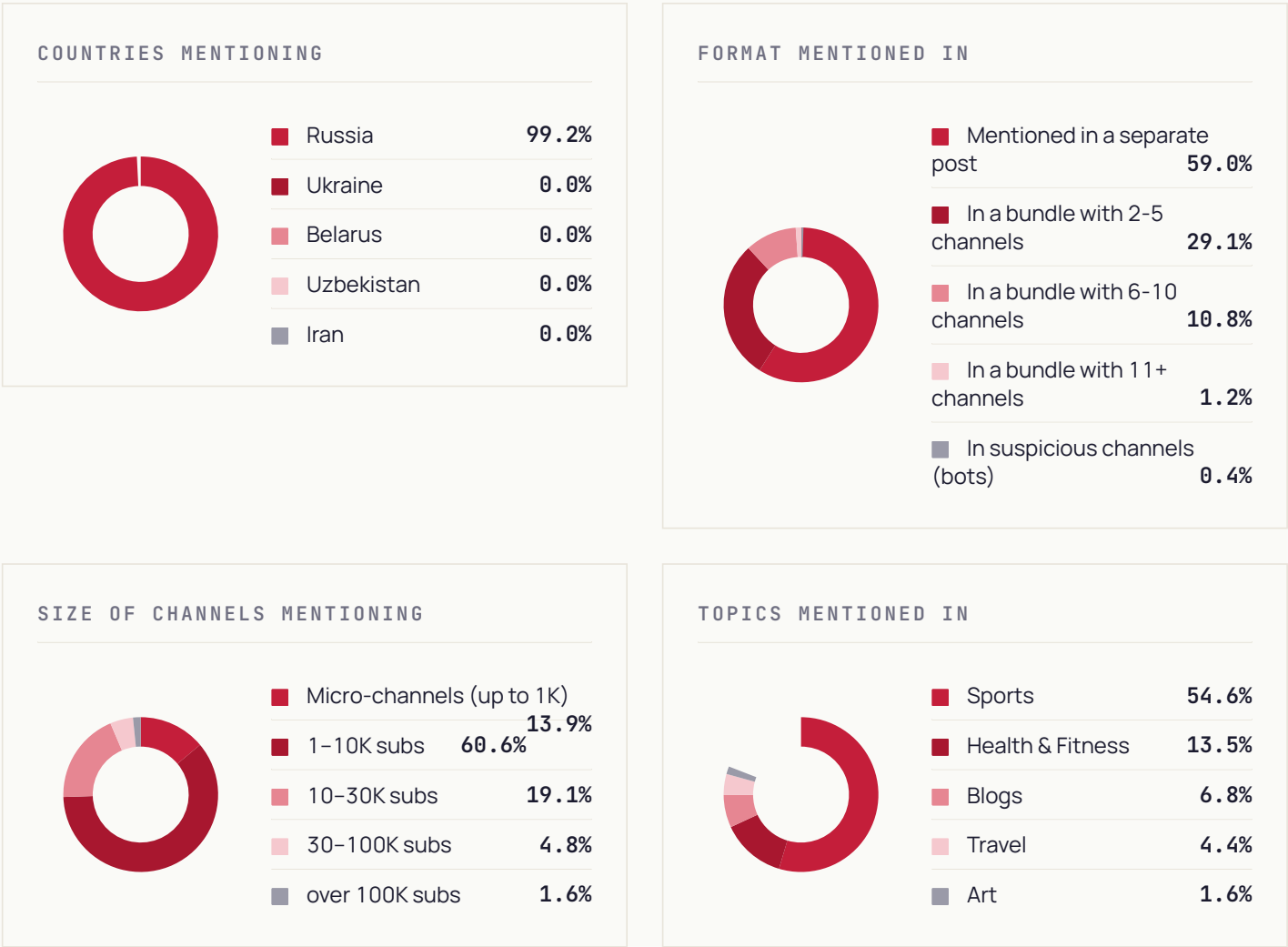
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

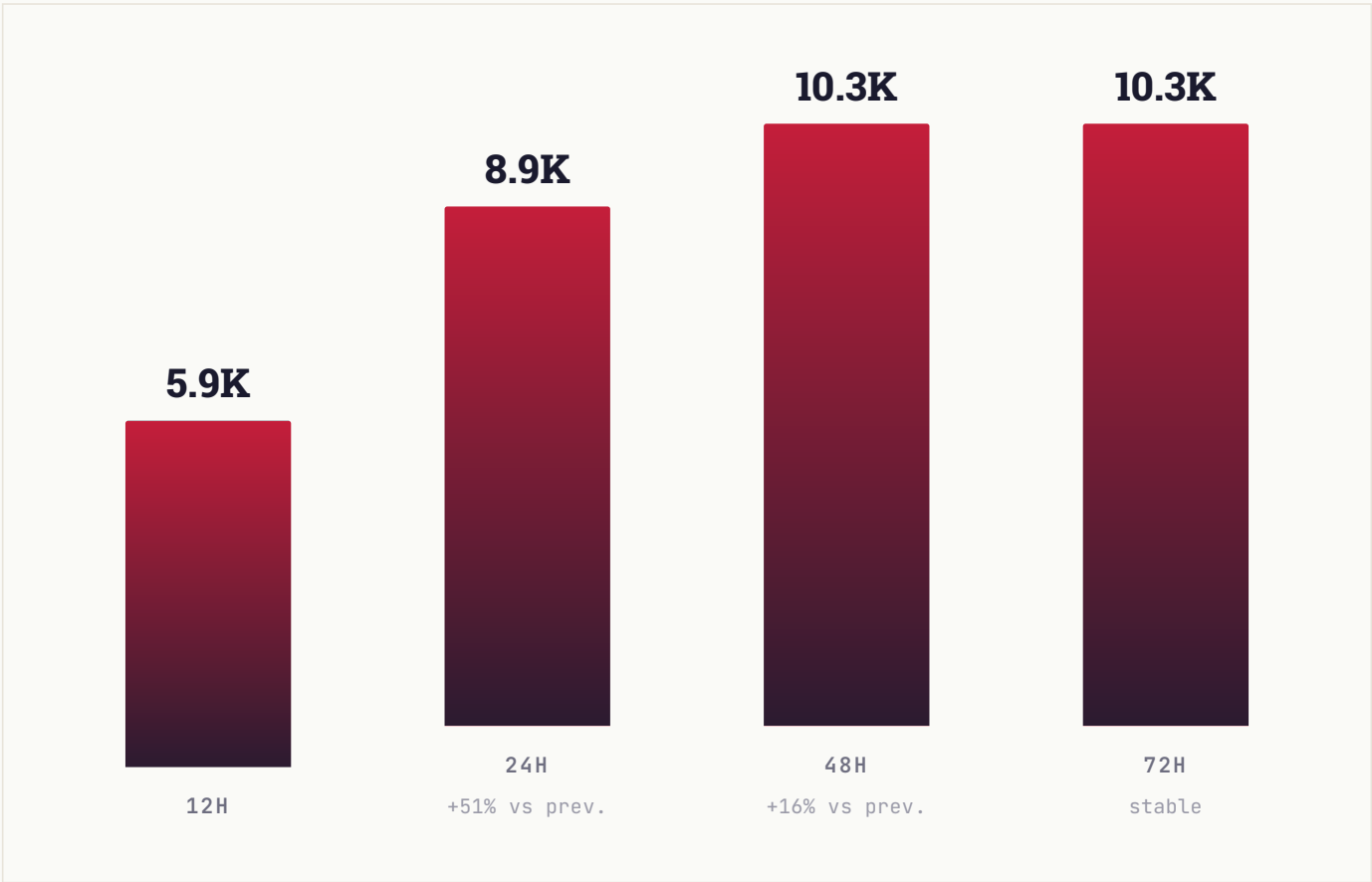
Citation index **40** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All-time channel mentions **124** different channels.



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 & audience. Your channel is highlighted — see its rank 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 faceplasty	476.4K
BZ Stay Healthy	447.3K
FA Fahrenheit YOU	47.7K

COMPARATIVE CONCLUSION

Channel not yet outside top-97 niche — 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 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 **57**, they brought **2 884** new subs.

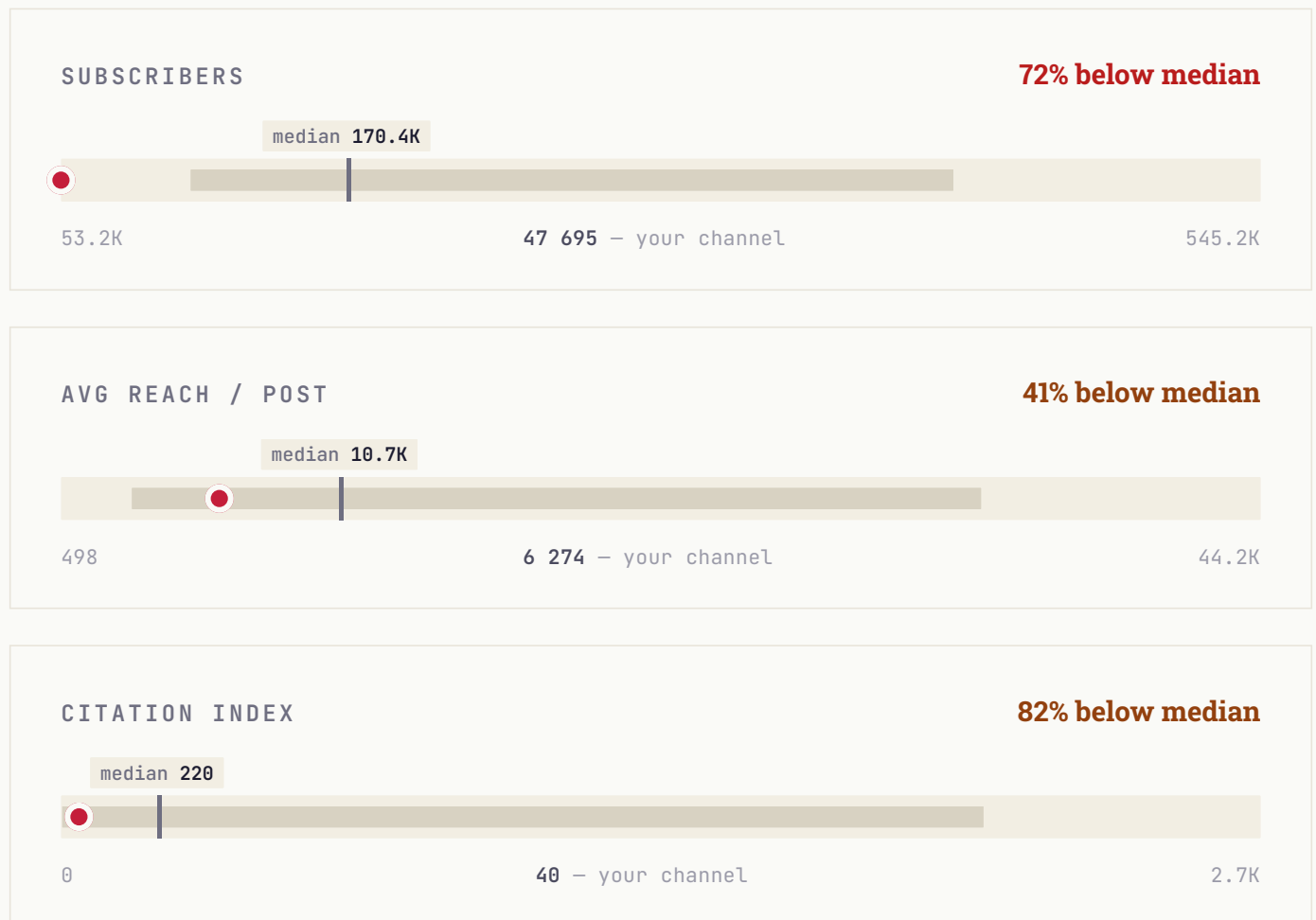
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	2	2	0	
December 2025	17	8	914	
November 2025	6	5	195	
October 2025	8	7	1 241	
September 2025	11	10	534	
August 2025	13	13	0	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
57	6	2 884

SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range for 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 them off and revisit this report in a month.

01

Main post of the week — on Friday

Audience is most active on this day at 17:00 MSK.

EFFECT

**Best window
for an
important post**

02

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**

03

Test polls & interactive formats

Posts with polls/reactions usually give +5-15% ER. One weekly poll on a 'hot' topic — easy growth lever.

EFFECT

+5-15% ER

04

Cross-promo with nearby channels

Exchange posts quarterly with channels in the same segment. 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 us to do this **PromptPress?**

This audit is what we can do in minutes using public data. To go further — run ads with us and hit your growth plan in a month.

01

Launch Telegram ad

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

02

Contact manager

t.me/PromptPress_manager
