

PROMTPRESS PUBLIC REPORT

Channel audit

АБРАМОВЫ life



@family_abramov

Collaboration https://t.me/ann_alexandrova Resource included in
Roskomnadzor list: <https://gosuslugi.ru/snet/67a4cb46a16f1b5542983379>

SUBSCRIBERS

200 626

+15570 per month

ERR (% SEE POSTS)

20.0%

daily 25.5%

REACH/POST

41.5K

ad reach 48.6K/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 mentions the channel and how

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your spot

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Blogs» 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 200 626 —	 SUBSCRIBER REACH 20.69% avg % subs see post	 VIEWS/POST 41.5K median 37.6K · 29 days	 POSTS/WEEK 36.2 for period
 7D TREND +8.1% vs prev week	 REACTIONS/POST 880.8 total 134K reactions, 2.5K reposts, 2.2K comments	 POST LENGTH 272 chars median 161 · 29 days	 POSTS ANALYZED 153 29 days
 AD REACH 48.6K 24h avg	 CHURN / MONTH +15570 last month	 CITATION RATE 11 citation index · 8 channels mentioned all time	 CHANNEL AGE 4 years 4 months created 12.03.2022

AI EDITOR SUMMARY

Channel «ABRAMOVY life» — 200 626 subs. Each post avg views 41.5K people (21% of subs), average reach — room to grow. Publishes 36 posts/week (~5/day) — active posting. Week Jul 6–12 reach up +8.1% to week Jun 29 – Jul 5 — positive trend.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to remove from rotation.

WHAT TOP POSTS SHARE

- 01 Analysis based on **153** posts over 29 days.
- 02 Dominant format – **Video** (105/153 posts).
- 03 Avg post length – **272** chars (median 161).
- 04 Peak audience activity – **Tue, 23:00** MSK.
- 05 Strongest posts gather **2×** more views than the weakest (59.4K avg for top vs 25.8K for worst) – among 153 posts in 29 days. Worth analyzing what the top has in common – topic, format, time.

TOP 5 POSTS

Nº1 14.07 · 14:25 PHOTO So, something's off with my health today 😞 After 13:00 my gut started cramping. Bad. The idea that «I ate something...	VIEWS 61 742 REPOSTS 34	REACTIONS 1 505 ER 30.8%
Nº2 14.07 · 14:36 TEXT (post without caption – text)	VIEWS 58 239 REPOSTS 20	REACTIONS 896 ER 29.0%
Nº3 14.07 · 20:39 VIDEO Such news	VIEWS 58 217 REPOSTS 7	REACTIONS 1 069 ER 29.0%

Nº4 14.07 · 19:51 VIDEO So, the gut keeps cramping all day 😞 I really hope it's the gut. I've never had this before in 3...	VIEWS 57 571 REPOSTS 6 REACTIONS 1 065 ER 28.7%
Nº5 19.07 · 15:19 VIDEO About our pregnant days now:	VIEWS 56 443 REPOSTS 8 REACTIONS 809 ER 28.1%

WORST 3

↓ 06.07 · 14:44 VIDEO well, IT'S STARTED 😊 sooo many unboxings coming soon 😊	VIEWS 27 916 REPOSTS 3 REACTIONS 600 ER 13.9%
↓ 06.07 · 13:24 PHOTO And just look at these two models 😊 Come see the photos on the site 📷	VIEWS 25 185 REPOSTS 3 REACTIONS 535 ER 12.6%
↓ 06.07 · 13:17 VIDEO We always design collections so all items pair perfectly 📷 all bottoms match everything...	VIEWS 24 344 REPOSTS 1 REACTIONS 301 ER 12.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

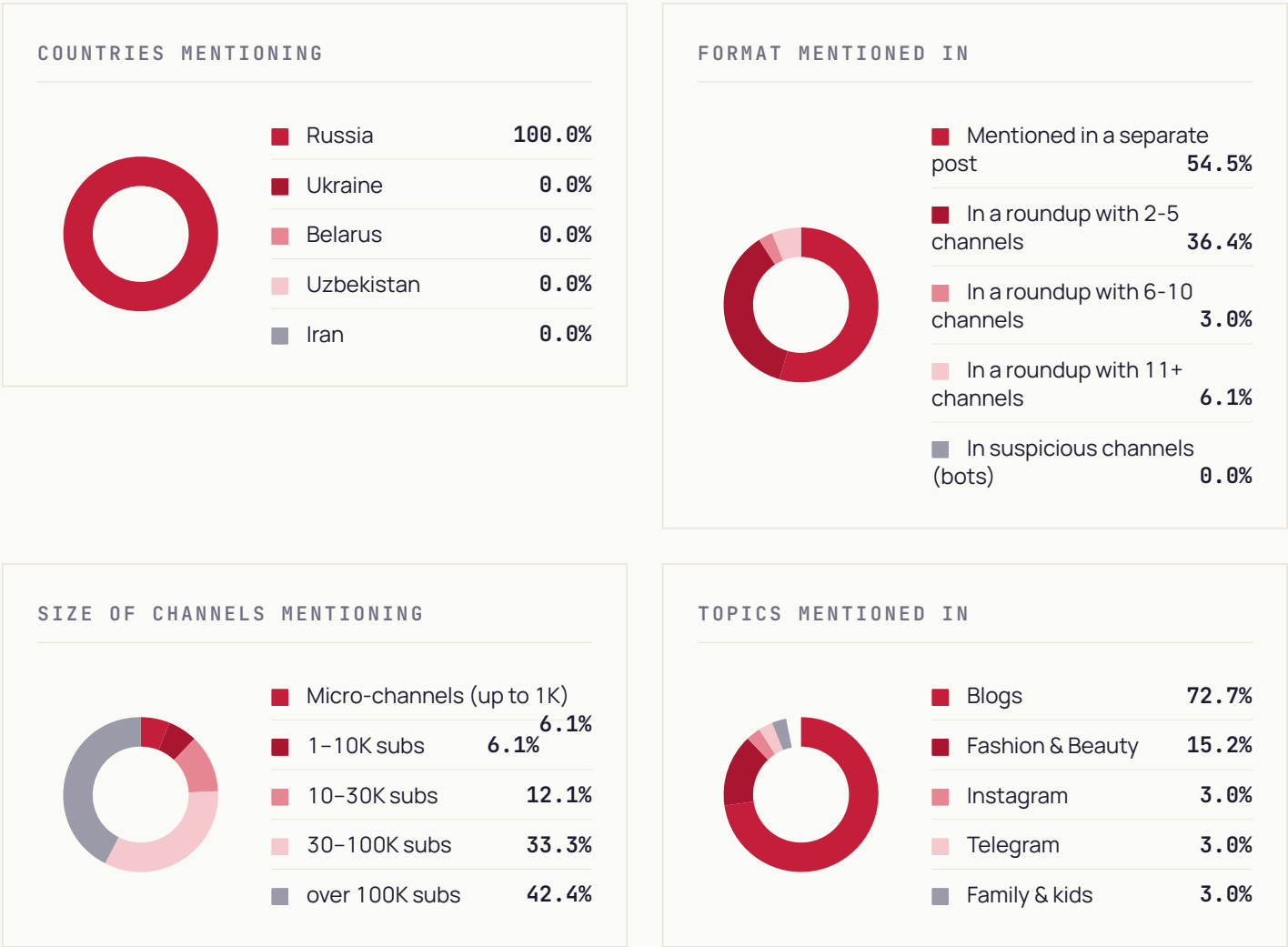
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

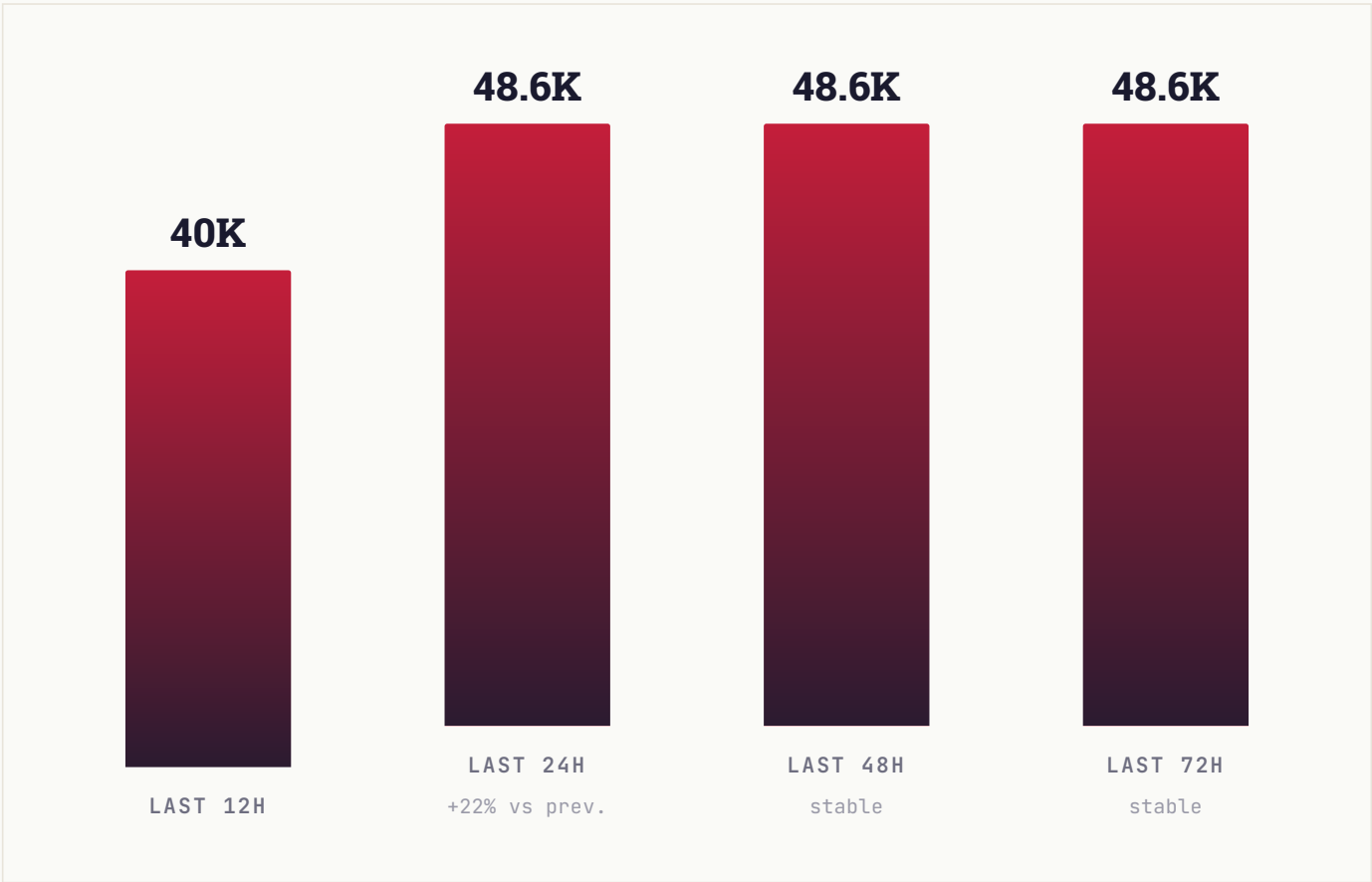
Citation index **11** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **8** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps estimate how long placement should «live».



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Highlighted your channel — shows its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DM Dima Maslennikov	2.2M
RR Ranbir Roy (VSG)	2.1M
LI LITVIN	1.6M
EX Exile	1.4M
A3 Alexander Zubarev	1.3M
B🍄 Booster 🍄	1.2M
KB Bloody lady	1.2M
E1 EVELONE 192	1.1M
AB Anastasia Bragina	1.1M
LJ broen lives here	1.1M
AL АБРАМОВЫ life YOU	200.6K

COMPARATIVE INSIGHT

Channel not yet outside top 100 niche — early growth stage. Niche leader — Dima Maslennikov (2.2M), top-100 median: 495.5K. First goal — enter top-100 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 **2**, they brought **70 633** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	0	0	2 378
December 2025	0	0	4 443
Nov 2025	0	0	21 201
Oct 2025	1	1	1 282
September 2025	1	1	41 329
August 2025	0	0	0

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
2	6	70 633

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Blogs» (Russia) and compared your channel.
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 off and revisit this report in a month.

01**Main post of the week — on Tuesday**

Audience is most active on this day at 23:00 MSK.

EFFECT

**Best time 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 boost ER by 5-15%.
One weekly poll on a hot topic — easy growth lever.

EFFECT

+5-15% ER**04****Cross-promo with nearby channels**

Exchange 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 us to do it PromptPress?

This audit — what we can do in a few minutes based on public data. If you want to go further — run ads through us and hit your growth plan in a month.

01 **Launch ads in
Telegram**

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

02 **Contact manager**

t.me/PromptPress_manager
