

PROMTPRESS PUBLIC REPORT

Channel audit

FitКатикИ



@fitkatiki

Sports motivation #S2DJU <https://knd.gov.ru/license?id=674f00308945180a7d4b88cd@istryType=bloggersPermission>

SUBSCRIBERS

54 894

-644 per month

ERR (% SEE POSTS)

16.0%

per day 4.6%

REACH/POST

9.7K

ad reach 2.5K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 54 894 —	 SUBS REACH 17.74% avg % of subs see post	 VIEWS/POST 9.7K median 7.7K · 14 days	 POSTS/WEEK 3.3 over period
 7D TREND — no data for period	 REACTIONS/POST 215.9 total 1,511 reactions, 73 reposts, 59 comments	 POST LENGTH 562 chars median 503 · 14 days	 POSTS ANALYZED 7 14 days
 AD REACH 2.5K avg over 24h	 CHURN / MONTH -644 last month	 CITATION RATE 6 citation index · 7 channels mentioned it ever	 CHANNEL AGE 2 years 4 months created 09.02.2024

AI EDITOR SUMMARY

Channel «FitKitties» — 54 894 subs. Each post gets on avg 9.7K people (18% from subs), this is average reach — room to grow. Publishes 3 posts per week (~0 per day) — rare publications.

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 7 posts in 14 days.
- 02 Dominant format — Video (5/7 posts).
- 03 Avg post length — 562 chars (median 503).
- 04 Peak audience activity — Sunday, 18:00 MSK.
- 05 Top posts get 2x more views than the weakest (14.2K avg for top vs 6K for worst) — among 7 posts in 14 days. Worth analyzing what the top ones have in common: topic, format, timing.

TOP 5 POSTS

Nº1 28.06 · 15:56 VIDEO My fave @pomurchim_gr arrived ❤️ Workouts instantly got better! She also works out at home when she can. We started...	VIEWS 17 930 REPOSTS 5	REACTIONS 151 ER 32.7%
Nº2 01.07 · 14:09 VIDEO Quick question for those WITHOUT FITSTARS access. Thinking of offering a cheaper workout option for...	VIEWS 16 458 REPOSTS 6	REACTIONS 177 ER 30.0%
Nº3 20.06 · 06:55 VIDEO We had some wild temperature swings, half of June was cold and rainy, even had to turn on heating, and now...	VIEWS 8 200 REPOSTS 4	REACTIONS 177 ER 14.9%

Nº4

18.06 • 06:50

PHOTO

Honestly, I'm sometimes scared how fast my body degrades without exercise. I even asked a doctor if it's normal...

VIEWS

7 687

REPOSTS

14

REACTIONS

421

ER

14.0%

Nº5

16.06 • 18:40

VIDEO

I'm working so much I keep skipping workouts. What I really try not to skip – evening face and head massage. But I do...

VIEWS

6 829

REPOSTS

17

REACTIONS

245

ER

12.4%

WORST 3

↓ 16.06 • 18:40 VIDEO

I'm working so much I keep skipping workouts. What I really try not to skip – evening face and head massage. But I do...

VIEWS

6 829

REPOSTS

17

REACTIONS

245

ER

12.4%

↓ 17.06 • 07:45 VIDEO

Started another round of «back exercises», Olya's program. All load on back and arms, and both my husband and I have...

VIEWS

6 334

REPOSTS

12

REACTIONS

169

ER

11.5%

↓ 29.06 • 09:05 PHOTO

I remember after that photo on the left, a subscriber wrote: 'Katya, you've gotten indecently wide...' It hurt then...

VIEWS

4 730

REPOSTS

15

REACTIONS

171

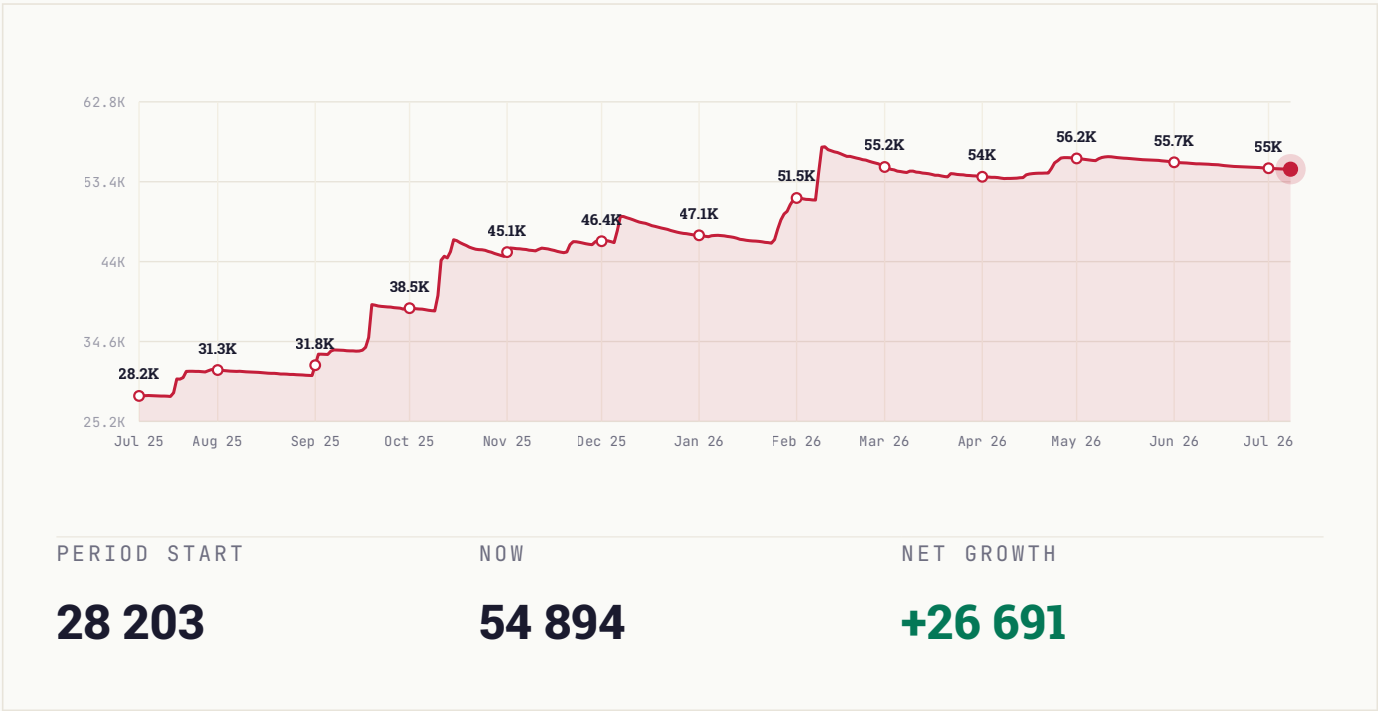
ER

8.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

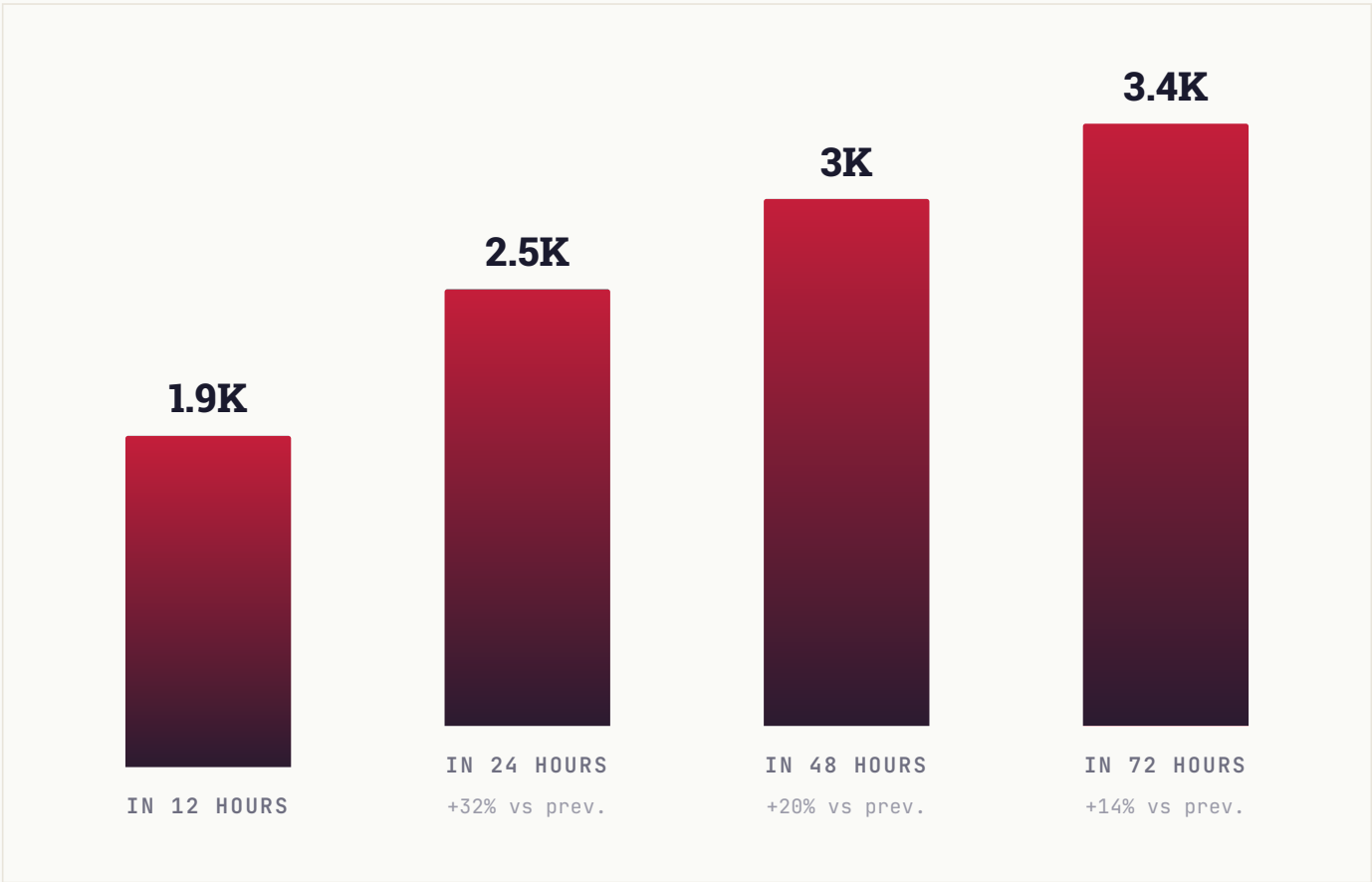
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post drives reach

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



SECTION 05 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — see where it ranks among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
HW Doctor Zubareva / Doctor Zubareva	413.5K
FI FitКаттики YOU	54.9K

COMPARATIVE CONCLUSION

Channel yet outside top 97 of niche — early growth stage. Niche leader — Test purchase (766.3K), median top-97: 154.7K. First goal — enter top-97 via systematic traffic & content work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

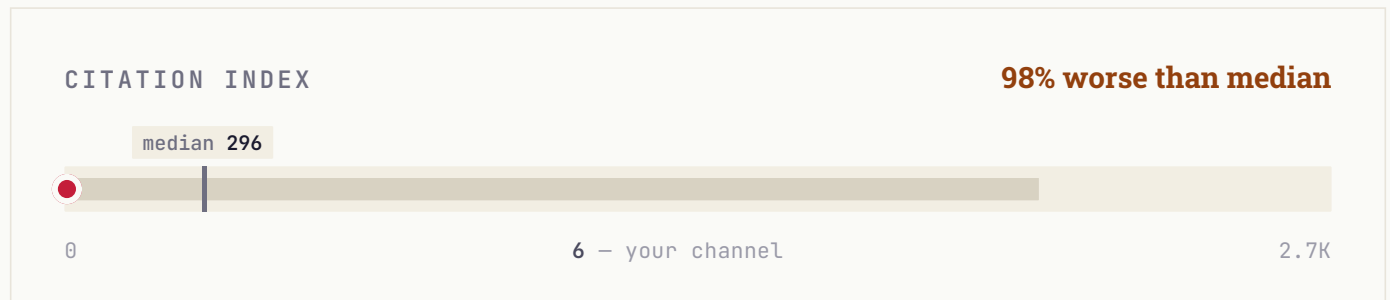
Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **18**, they brought **28 838** new subs.

PERIOD	MENTIONS	CHANNELS	GAINED SUBS
January 2026	3	1	5 271
December 2025	3	1	3 144
November 2025	3	1	3 148
October 2025	6	2	8 592
September 2025	3	1	8 678
August 2025	0	0	5

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
18	6	28 838

Where channel ranks in its league

Black vertical – median. Red dot – your channel.



— SECTION 08 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off & revisit next month.

01

Increase posting frequency

Now 3.3 posts/week. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume****02**

Top post of the week — on Sunday

Best time: this day at 18:00 MSK — audience most active.

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 channels in the same segment once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in a few minutes using public data.
Want to go further? Run ads through us and hit your growth
target in a month.

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

02 Contact manager t.me/PromptPress_manager
