

— PUBLIC REPORT BY PROMTPRESS

Channel audit

FreshLife28



@freshlife28_official

SUBSCRIBERS

13 728

-57 per month

ERR (% SEE POSTS)

62.0%

per day 22.4%

REACH/POST

8.4K

ad reach 3.1K/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 13 728 —	 SUBS REACH 61.56% avg % subs see post	 VIEWS/POST 8.4K median 8.6K · 28 days	 POSTS/WEEK 4.0 over period
 7D TREND +0.6% vs previous week	 REACTIONS/POST — MTPROTO only	 POST LENGTH 164 chars median 92 · 28 days	 POSTS ANALYZED 16 28 days
 AD REACH 3.1K 24h avg	 CHURN / MONTH -57 last month	 CITATION RATE 0 citation index · 13 channels mentioned ever	 CHANNEL AGE 5 years 1 month created 02.06.2021

AI EDITOR SUMMARY

Channel «FreshLife28» — 13 728 subs. Each post averages 8.4K people (62% of subs), this is wide reach for a channel this size. Publishes 4 posts per week (~1/day) — rare publications. For the week Jun 22–28, reach stable (+0.6% vs week Jun 15–21).

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 16 posts over 28 days.
- 02 Dominant format — Video (10/16 posts).
- 03 Avg post length — 164 chars (median 92).
- 04 Peak audience activity — Wednesday, 13:00 MSK.
- 05 Top posts get 2x more views than the weakest (11K avg for top vs 7.2K for worst) — among 16 posts over 28 days. Worth analyzing what the top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 10.06 · 10:25 VIDEO When there weren't enough shots for a pompous motivational video...had to add some at the end.	VIEWS 11 537 REP. 6	REACTIONS — ER 84.0%
Nº2 10.06 · 06:42 PHOTO So, amigos. Who signed up for the "Lose weight with sports" course, check access, if anything - ping support. First lessons already in the cabinet. Who...	VIEWS 10 897 REP. 1	REACTIONS — ER 79.4%
Nº3 18.06 · 11:37 VIDEO Every joke has a grain of truth. 🤡🤡 Funny how the trend toward control, blocking etc. is GLOBAL. But requiring a QR code to...	VIEWS 10 534 REP. 38	REACTIONS — ER 76.7%

Nº4

25.06 · 06:24

PHOTO

So blin. I'm ready for summer. Is it ready for me? 🤔 Like, so relevant. 53yo, 92kg, 172cm, 28cm.

VIEWS

10 395

REP.

8

REACTIONS

—

ER

75.7%

Nº5

13.06 · 07:39

VIDEO

A bit more about ignoring alternatives 🤔 What do you think determines what comes to mind first?

VIEWS

10 349

REP.

69

REACTIONS

—

ER

75.4%

WORST 3

↓ 29.06 · 16:07 TEXT
https://youtu.be/JP55DdOsoDQ

VIEWS

7 699

REP.

8

REACTIONS

—

ER

56.1%

↓ 01.07 · 12:13 VIDEO
⦿ ATTENTION QUESTION The video is humorous, but this type of psychological defense "rationalization" is actually common. ?? Who wants to try...

VIEWS

7 270

REP.

27

REACTIONS

—

ER

53.0%

↓ 03.07 · 06:33 VIDEO
well, that's it. Lizun graduated, celebrated yesterday.

VIEWS

6 739

REP.

12

REACTIONS

—

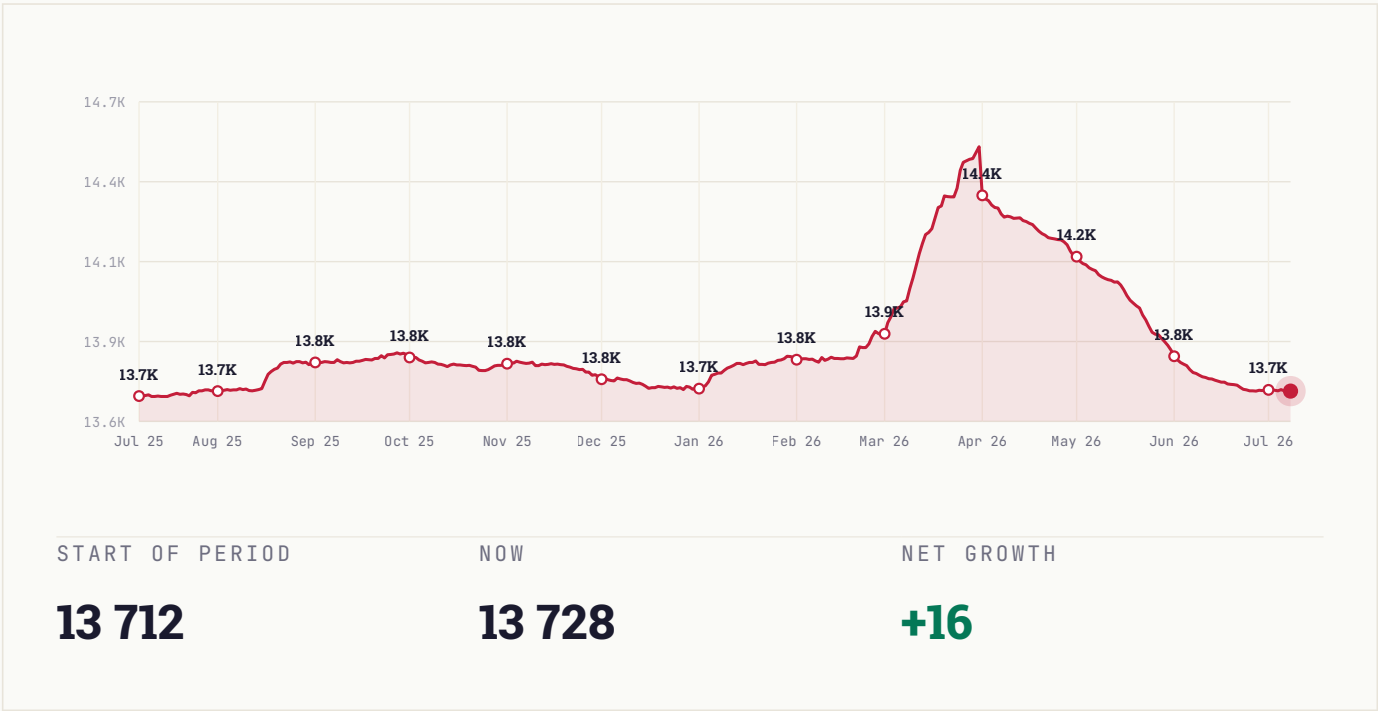
ER

49.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

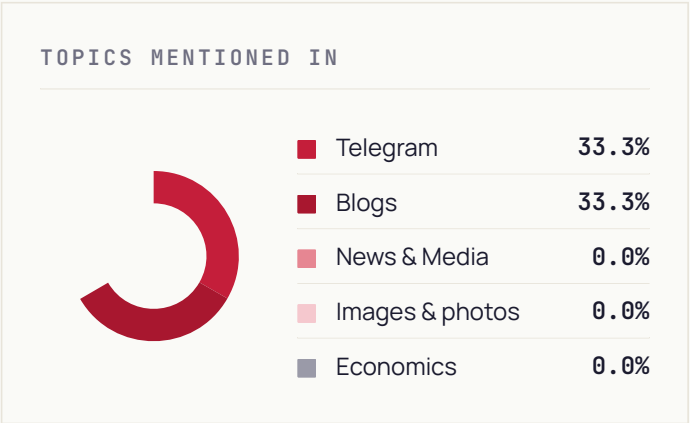
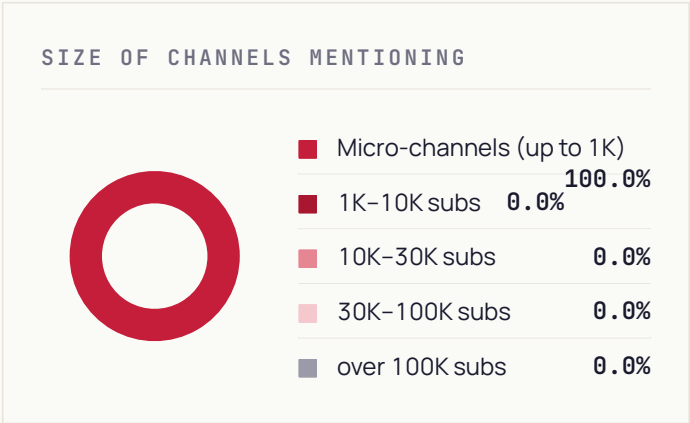
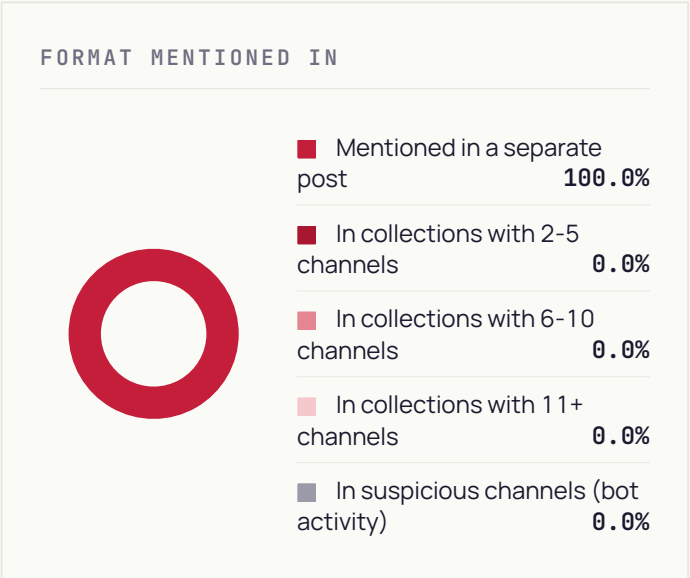
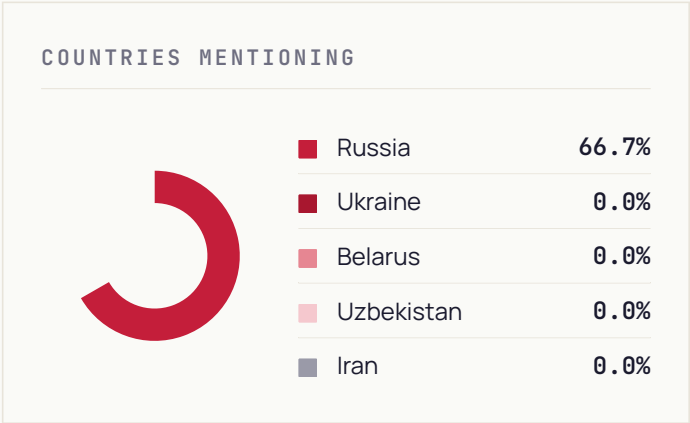
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

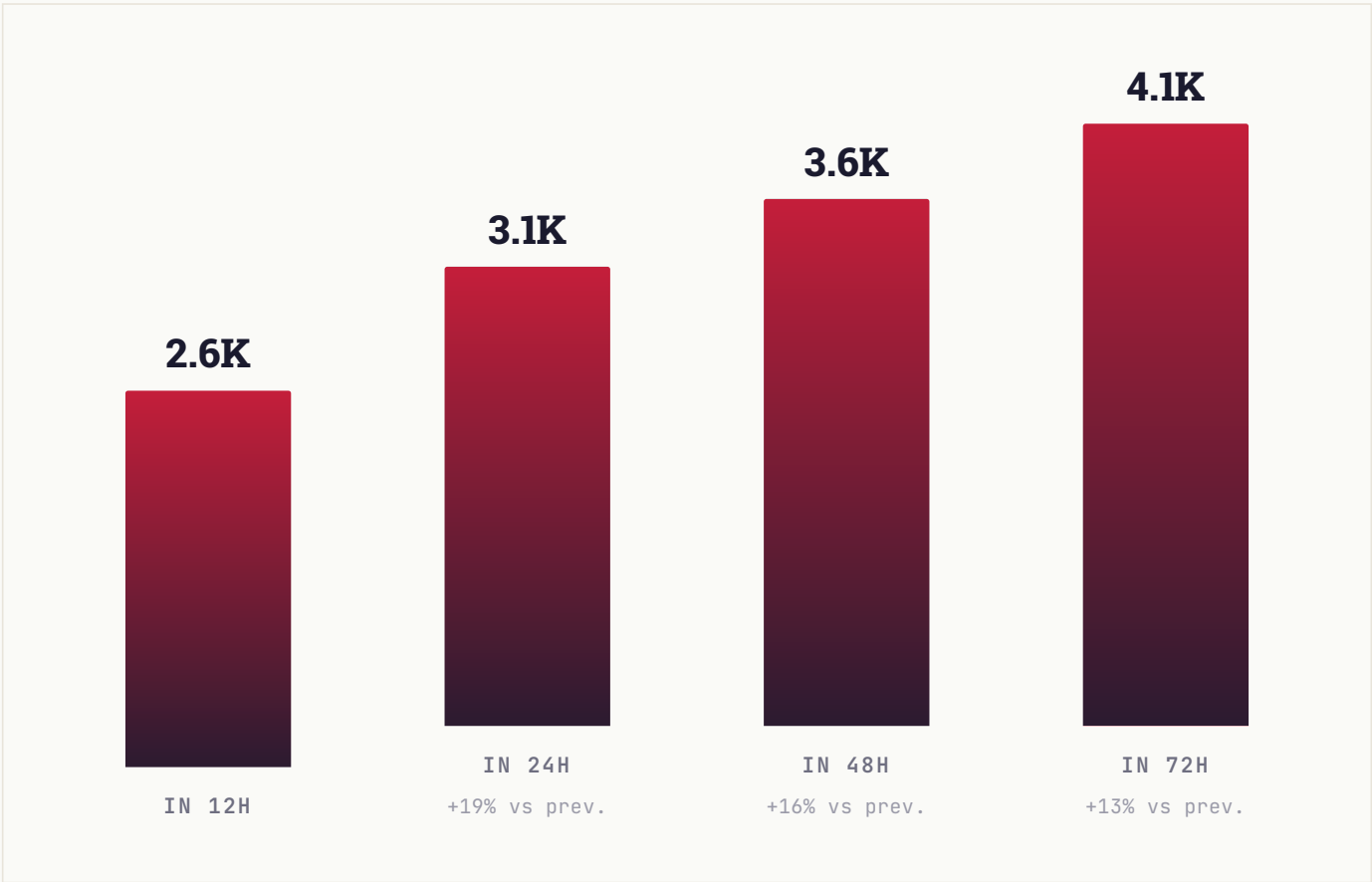
Citation index 0 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions 13 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its position among niche neighbors.

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 faceplastics	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
FR FreshLife28 YOU	13.7K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Test Purchase (766.3K), top-97 median: 154.7K. First goal: enter top-97 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention your channel. Over the last **6 months** such mentions were **0**, they brought **396** new subs.

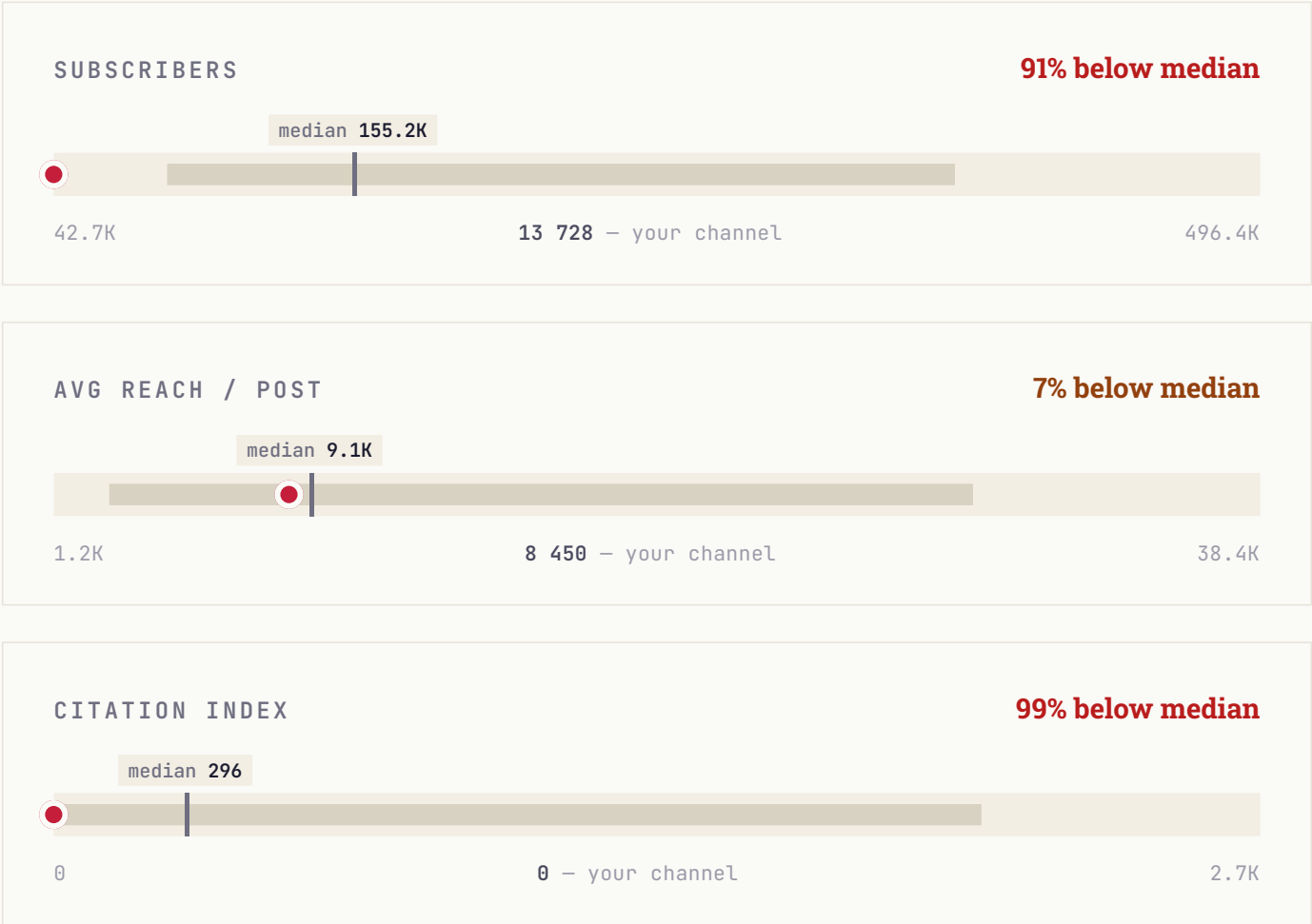
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	0	0	120	
December 2025	0	0	40	
Nov 2025	0	0	30	
Oct 2025	0	0	30	
September 2025	0	0	58	
August 2025	0	0	118	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
0	6	396

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (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

Increase posting frequency

Now 4.0 posts/wk. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
beats volume**

02

Top post of the week — on Wednesday

Audience is most active on this day at 13:00 MSK.

EFFECT

**Best window
for important
posts**

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 typically boost ER by +5-15%. One weekly poll on a hot topic — an easy growth lever.

EFFECT

+5-15% ER

05

Cross-promo with adjacent channels

Swap posts quarterly with same-segment channels. 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 minutes from public data. Want to go further? Run ads through us and hit 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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