

PUBLIC REPORT BY PROMTPRESS

Channel audit

Panasyuk Nikolay



@getfit_nutrition

Personal & expert channel of GetFit nutrition academy founder. 3 books, YouTube 1M, 7000 students from 43 countries in 10 years. Dad on leave 🍕 Ads, spam, consultations — ban without...

SUBS

70 169

-254 per month

ERR (% WHO SEE
POSTS)

5.0%

last 24h **1.9%**

REACH/POST

3.5K

ad reach **1.3K**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBS 70 169 —	 SUB REACH 4.99% avg % subs see post	 VIEWS/POST 3.5K median 3.5K · 29 days	 POSTS/WEEK 11.7 for period
 7D TREND -25.1% vs previous week	 REACTIONS/POST 130.8 6,409 reactions, 1,912 reposts, 457 comments	 POST LENGTH 660 chars median 933 · 29 days	 POSTS ANALYZED 49 29 days
 AD REACH 1.3K 24h avg	 CHURN / MONTH -254 last month	 CITATIONS 521 citation index · 662 channels mentioned ever	 CHANNEL AGE 4 years 5 months created 07.02.2022

AI EDITOR SUMMARY

Channel «Panasyuk Nikolay» – 70 169 subs. Each post averages 3.5K people (5% of subs), reach is low – consider expanding audience. Publishes 12 posts/week (~2/day) – regular schedule. For week Jun 29 – Jul 5, reach dropped -25.1% to week Jun 22–28 – worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 49 posts over 29 days.
- 02 Dominant format — Photo (25/49 posts).
- 03 Avg post length — 660 chars (median 933).
- 04 Peak audience activity — Tue, 19:00 MSK.
- 05 Top posts get 2x more views than the weakest (5.4K avg for top vs 2.5K for worst) — among 49 posts in 29 days. Analyze what the top has in common: topic, format, posting time.

TOP 5 POSTS

Nº1 15.06 · 18:30 VIDEO  Safe cookware brands: - Victoria (Belarus) - De Buyer (France) - Fissler Crispy Ceramic White (Germany) - Risoli HardStone...	VIEWS 5 482 REP. 324	REACTIONS 167 ER 7.8%
Nº2 23.06 · 16:27 PHOTO  6 underrated supplements for menopause to maintain health, energy, and youth. 1. Equol (S-equol) A daidzein metabolite that...	VIEWS 5 415 REP. 145	REACTIONS 64 ER 7.7%
Nº3 14.06 · 09:17 PHOTO  Premiere of a documentary on immortality. Already on the channel. Highly recommended 🙌👉 Watch the film p.s. Also need your help: after...	VIEWS 5 336 REP. 53	REACTIONS 82 ER 7.6%

Nº4

27.06 · 07:23

PHOTO

When you have health, you have a thousand problems. When you don't, you have one. To give your mind a break from endless scrolling – I...

VIEWS

5 333

REP.

137

REACTIONS

112

ER

7.6%

Nº5

26.06 · 18:21

VIDEO

One of the main causes of lifelong illness – damn sterility in childhood. Playing with dogs and other pets as a kid...

VIEWS

4 955

REP.

44

REACTIONS

147

ER

7.1%

WORST 3

↓ 08.07 · 11:47 PHOTO

I had a student with a ruined liver, and classic silymarin, artichoke, and milk thistle didn't help at all. Here's what we used. ruined...

VIEWS

2 581

REP.

57

REACTIONS

89

ER

3.7%

↓ 06.07 · 18:24 PHOTO

Read-through lab tests – that's fate. If they called me and asked: - Nikolay, how and where to start solving health problems and/or...

VIEWS

2 546

REP.

21

REACTIONS

93

ER

3.6%

↓ 09.07 · 19:14 PHOTO

5 minutes ago I almost cracked my head opening the fridge. Had dinner. Still hungry. Decided to make yogurt with betulin. On...

VIEWS

2 336

REP.

4

REACTIONS

205

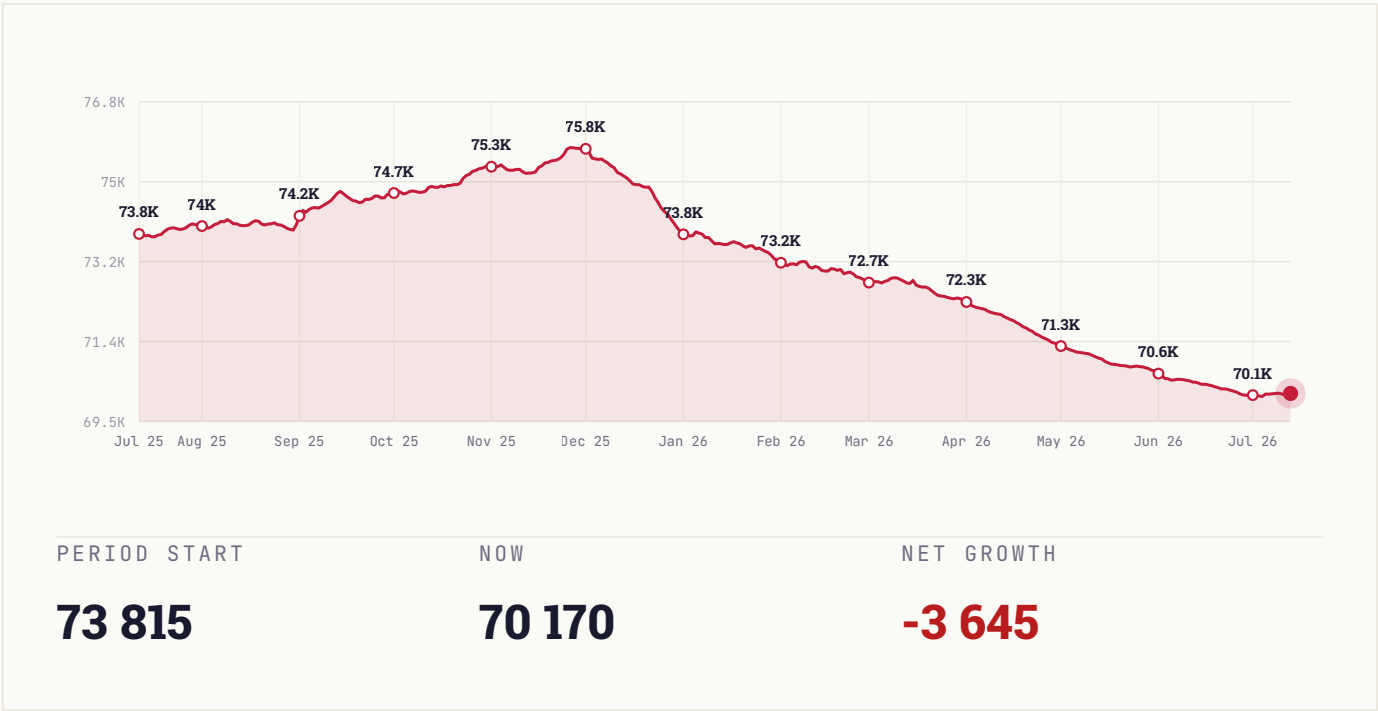
ER

3.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

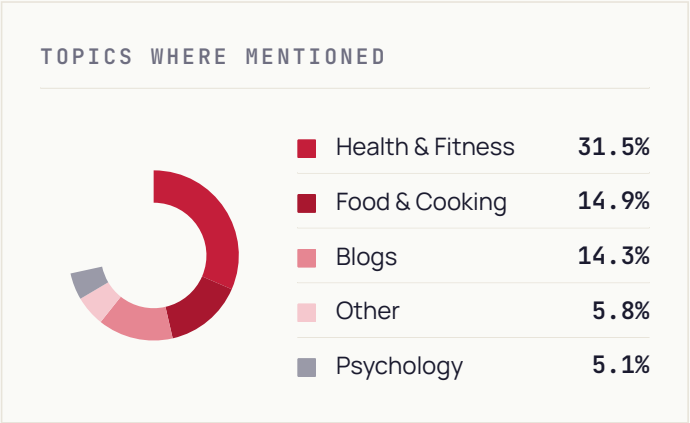
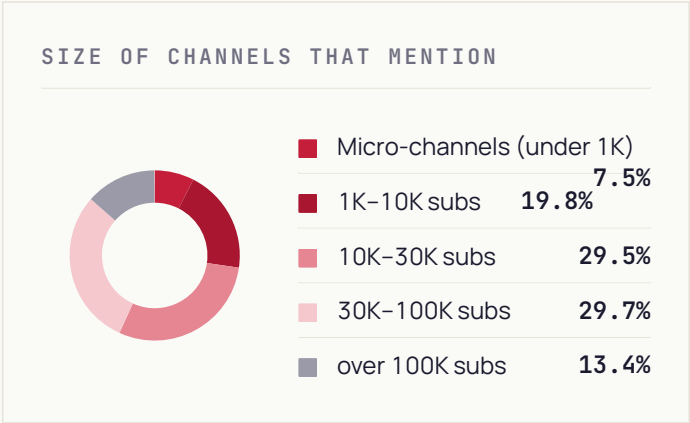
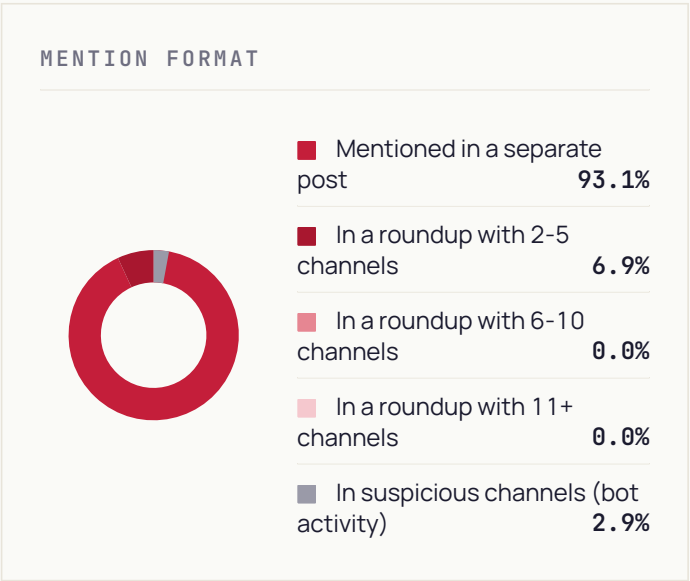
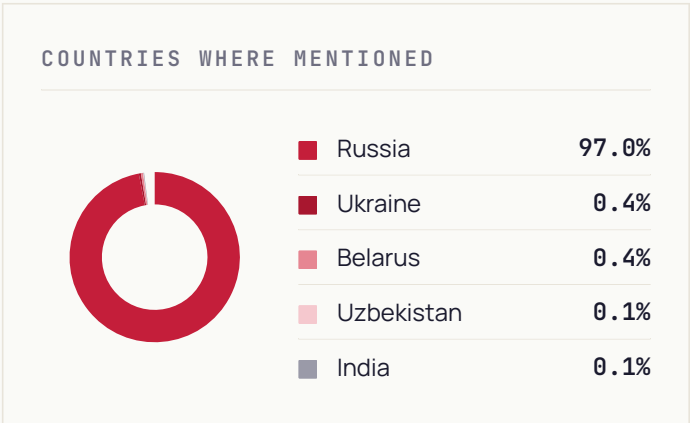
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. decline.



SECTION 04 · MENTIONS

Who mentions the channel & how

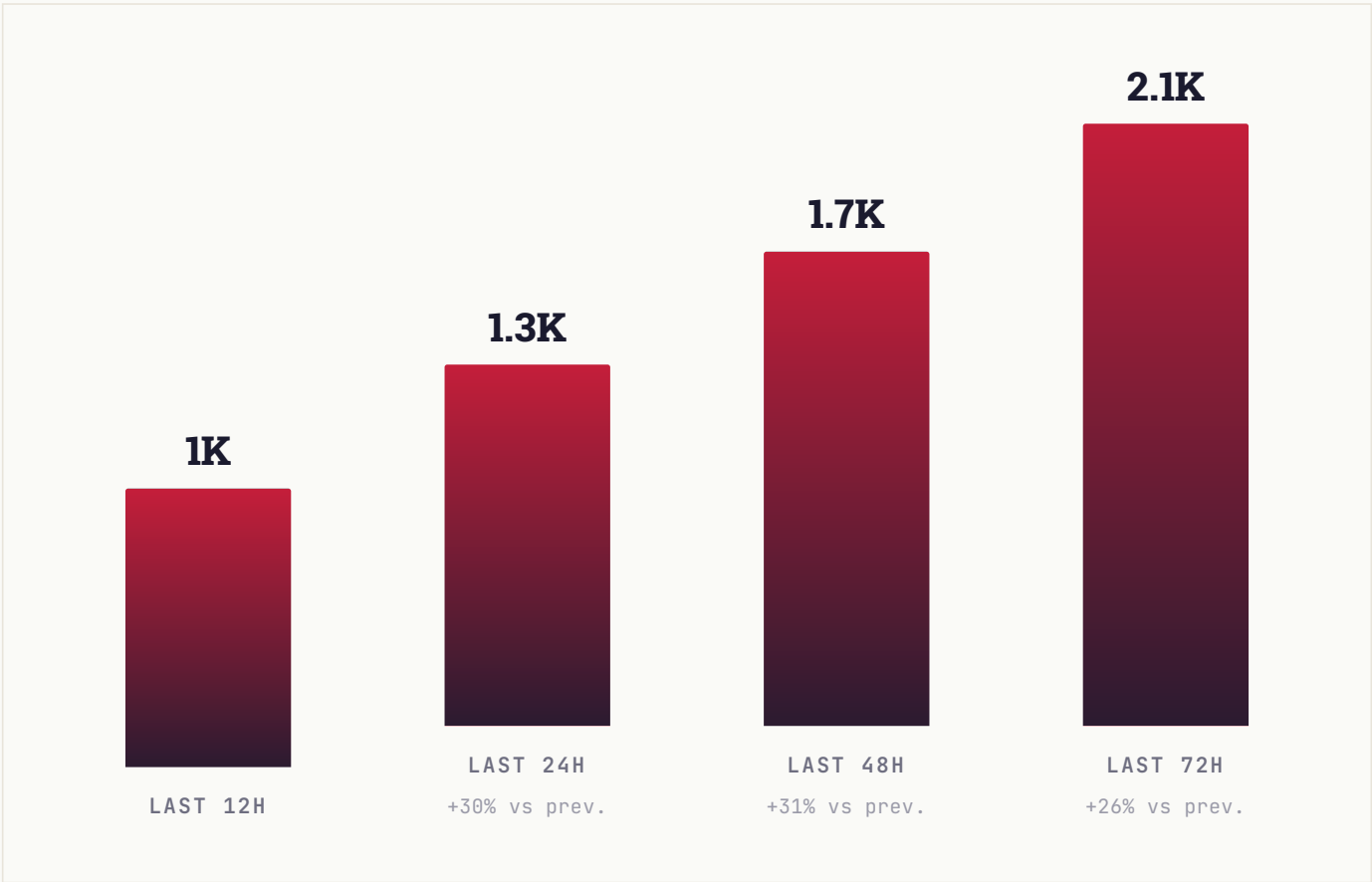
Citation index **521** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **662** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of an 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 — see its place among niche neighbors.

CHANNEL	SUBS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
CI 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 Алесь Улиценко Osteopath, PhD Author of faceplasty	476.4K
BZ Stay Healthy	447.3K
Mon Panasyuk Nikolay YOU	70.2K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 97 — 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 TRENDS

How often the channel is mentioned

Each month we track posts in other channels that mention your channel. Over the last **6 months** such mentions were **5**, they brought **3 319** new subs.

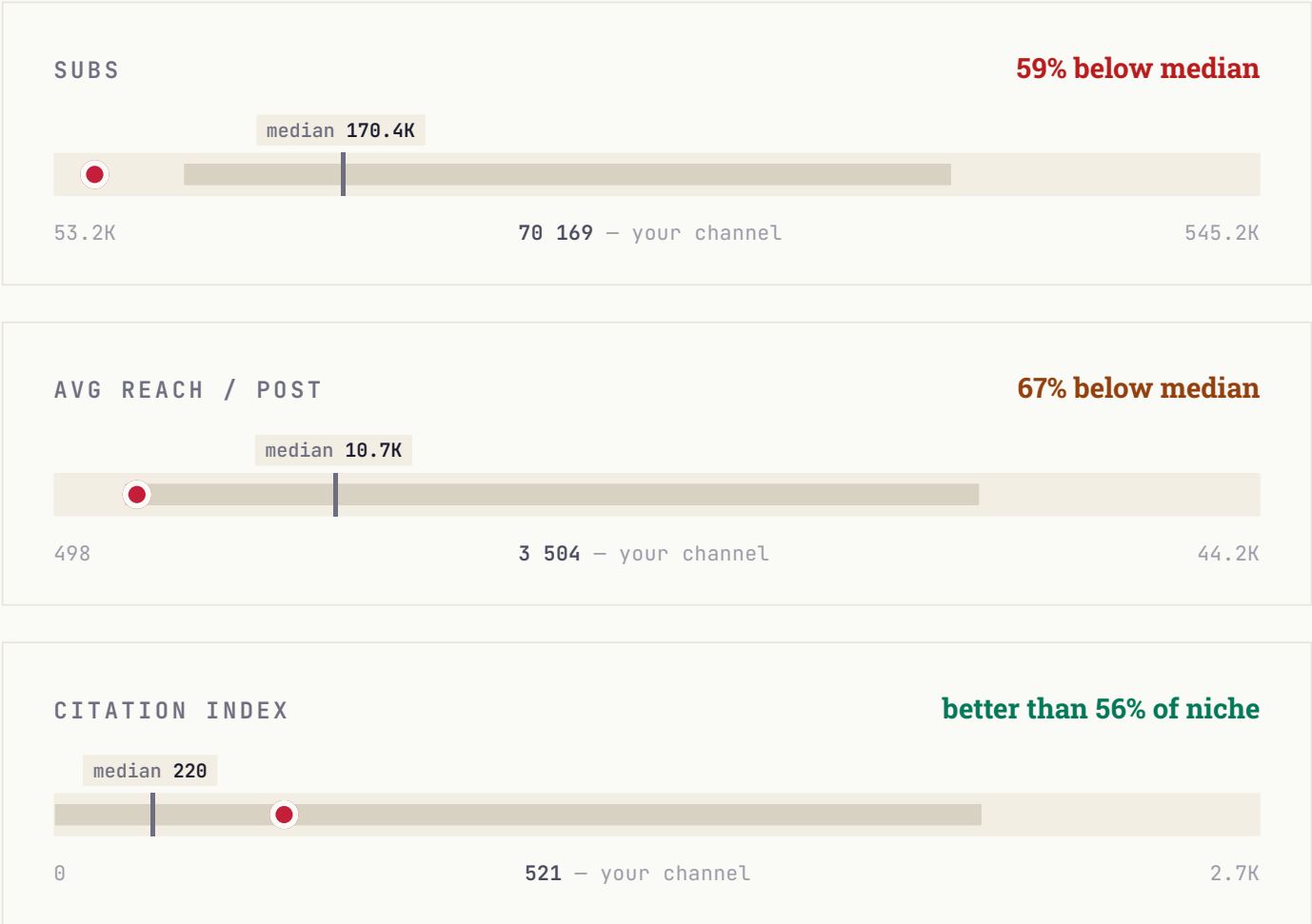
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	2	2	232
December 2025	0	0	16
Nov 2025	2	2	707
Oct 2025	0	0	799
Sep 2025	0	0	1 071
August 2025	1	1	494

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
5	6	3 319

SECTION 08 · NICHE COMPARISON

Where the channel ranks in its league

Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel against them. Gray band – range covering 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 as done and revisit this report in a month.

- | | | |
|----|---|--|
| 01 | Top post of the week — on Tuesday
Audience is most active on this day at 19:00 MSK. | EFFECT
Best time for key posts |
| 02 | ER below niche benchmark — rethink formats
Current ER 4.99% vs norm 7.0%. Try polls and interactive formats. | EFFECT
+2.0pp 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 lever. | EFFECT
+5-15% ER |
| 05 | Cross-promo with nearby channels
Swap posts quarterly with channels in the same niche.
No need daily — 2-3 collabs bring relevant growth. | EFFECT
Growth from relevant audience |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few 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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