

PROMTPRESS PUBLIC REPORT

Channel audit

ГОТОВИМ ВКУСНО



@gotovim33

Love cooking & tasty food? Find easy, cool recipes here 🍦💛 Ads:
@moneylongers Exchange: <https://telega.in/c/gotovim33>

SUBSCRIBERS

181 217

-1818 per month

ERR (% SEE POSTS)

6.0%

daily 3.2%

REACH/POST

10.3K

ad reach 5.8K/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 181 217 —	 SUBSCRIBER REACH 5.67% avg % of subs see post	 VIEWS/POST 10.3K median 10.1K · 27 days	 POSTS/WEEK 27.3 over period
 7D TREND +46.1% vs previous week	 REACTS/POST 36.9 only 3,913 reactions, 18,867 reposts, 0 comments	 POST LENGTH 33 chars median 32 · 27 days	 POSTS ANALYZED 106 27 days
 AD REACH 5.8K 24h avg	 CHURN / MONTH -1818 last month	 QUOTE RATE 13 citation index · 26 channels mentioned all time	 CHANNEL AGE 2 years 1 month created 11.06.2024

AI EDITOR SUMMARY

Channel «cooking tasty» — 181 217 subs. Each post is viewed by 10.3K people (6% from subs), reach is low — need to grow audience. Publishes 27 posts per week (~4/day) — active posting. For week Jul 6–12, reach grew +46.1% 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 drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 106 posts over 27 days.
- 02 Dominant format – Photo (106/106 posts).
- 03 Avg post length – 33 chars (median 32).
- 04 Peak audience activity – Wednesday, 12:00 MSK.
- 05 Top posts get the most 2x more views than the weakest (16.1K avg for top vs 8.2K for worst) – among 106 posts over 27 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 08.07 · 09:33 PHOTO Juicy chicken & potatoes in oven #lunch #dinner	VIEWS	REACTS
	16 560	59
	REPOSTS	ER
	336	9.1%
Nº2 11.07 · 16:05 PHOTO Lazy dumplings 🥟 #snacks	VIEWS	REACTS
	16 029	53
	REPOSTS	ER
	214	8.8%
Nº3 08.07 · 05:02 PHOTO Perfect dinner #dinner	VIEWS	REACTS
	15 803	39
	REPOSTS	ER
	238	8.7%

Nº4 05.07 · 18:05 PHOTO Sugar buns 🍩 #sweets	VIEWS 15 656 REPOSTS 126	REACTS 42 ER 8.6%
Nº5 07.07 · 14:08 PHOTO Shrimp & pineapple salad 🍍 #salads	VIEWS 14 312 REPOSTS 146	REACTS 31 ER 7.9%

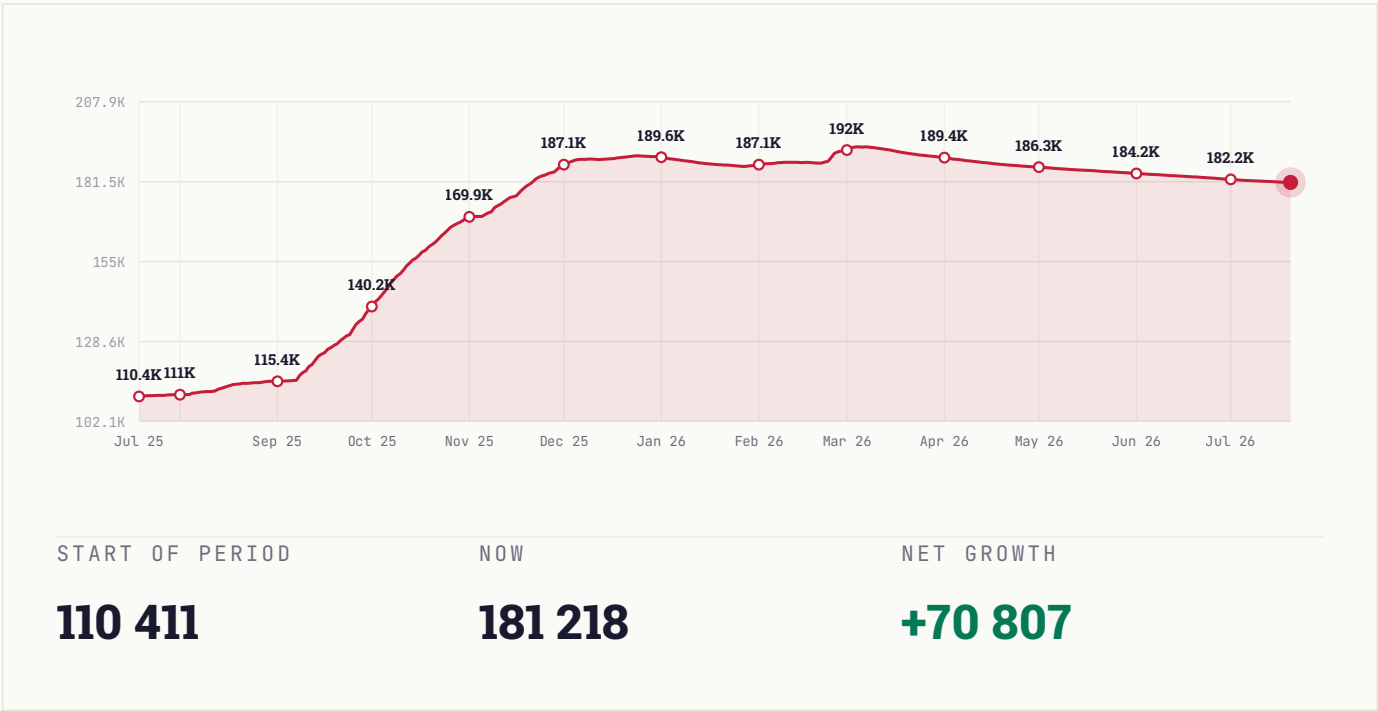
WORST 3

↓ 04.07 · 13:02 PHOTO Toast for a snack #breakfasts	VIEWS 9 086 REPOSTS 69	REACTS 28 ER 5.0%
↓ 16.07 · 19:02 PHOTO Awesome cheese-stuffed sausage rolls #fastfood	VIEWS 7 903 REPOSTS 115	REACTS 24 ER 4.4%
↓ 16.07 · 16:04 PHOTO Hot dogs with cheesy corn cap #fastfood	VIEWS 7 548 REPOSTS 205	REACTS 35 ER 4.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

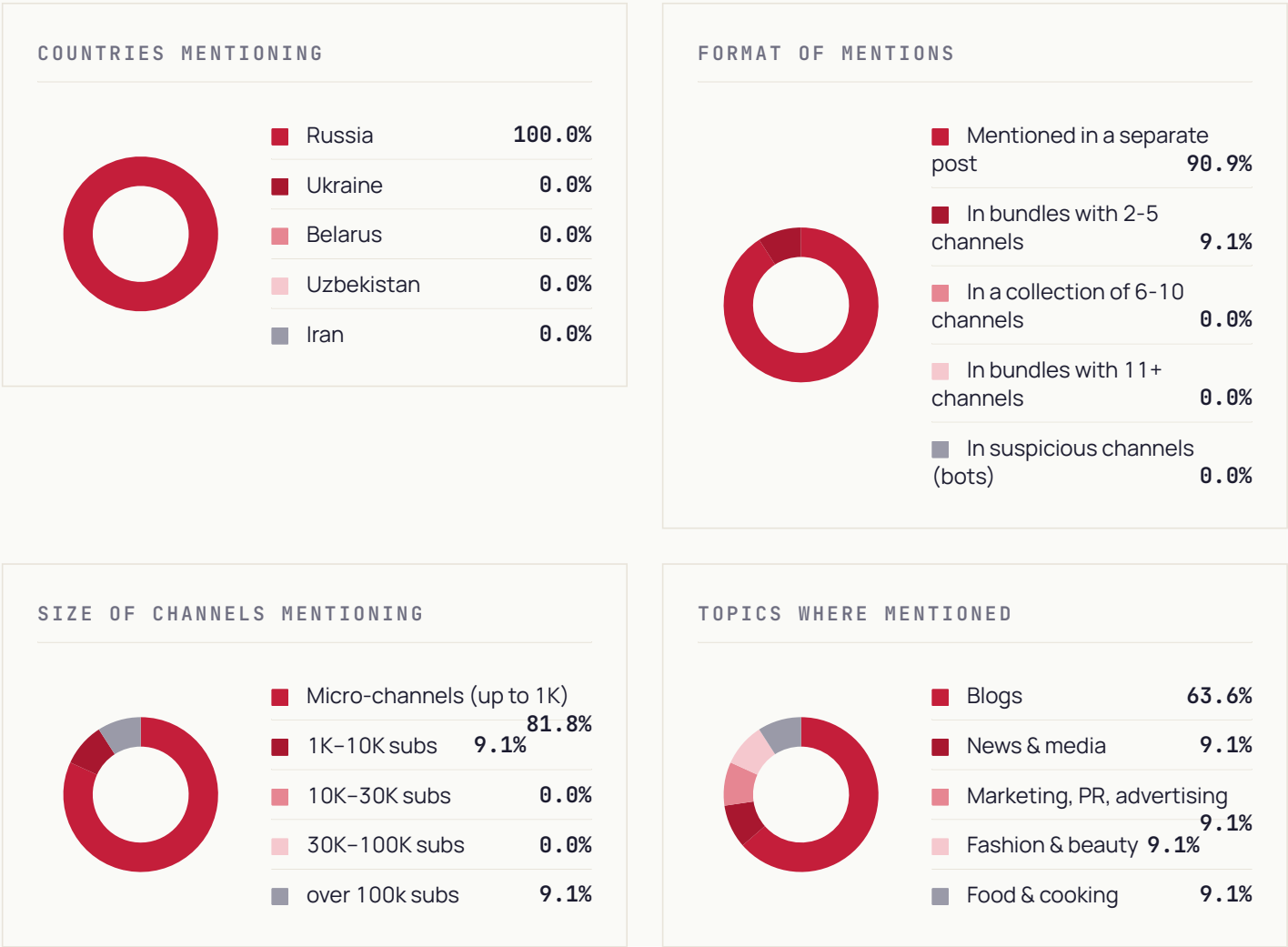
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth and decline.



SECTION 04 · MENTIONS

Who mentions the channel and how

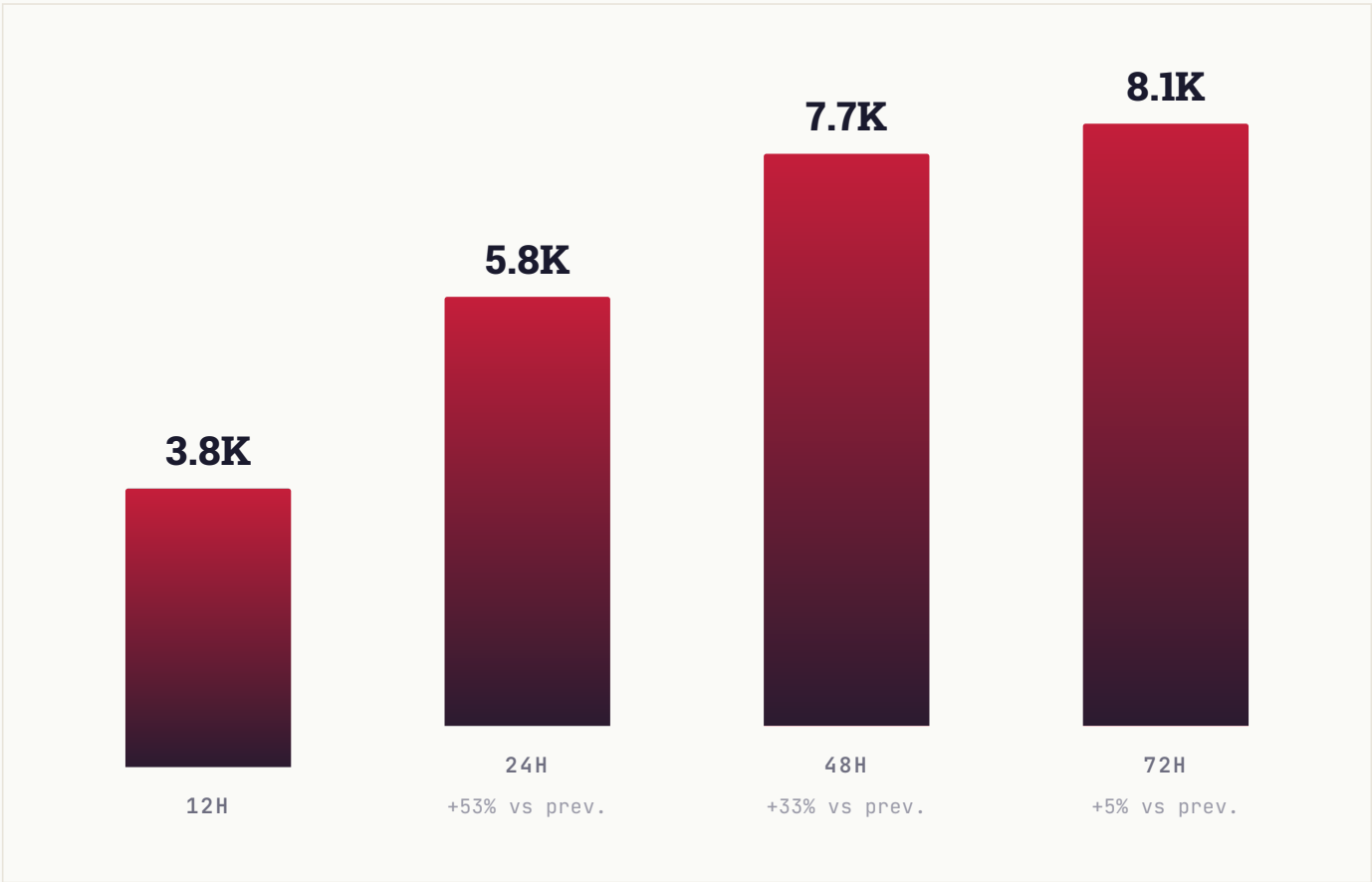
Citation index **13** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from 1K. All time channel was mentioned **26** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
IT Iwin Token	3.3M
KR Cooking Recipes Salads 🧑🍳	997.5K
Fri Pyaterochka	772.7K
🍰M 🍰 Mom's Recipes 😊	679.3K
A Air fryer Recipes	594.4K
PR Simple Recipes	586.1K
KR Recipe book	557.9K
CN Kitchen inside out	532.9K
VI Tasty and cheap 🍲	486.4K
CI CHIZHIK	482.9K
GV ГОТОВИМ ВКУСНО YOU	181.2K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#75 of 96). Niche median — 224.1K subs. First growth KPI — reach median. Leader: Iwin Token (3.3M).

SECTION 07 · MENTION TRENDS

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 **1**, they brought **79 708** new subs.

PERIOD	MENTIONS	CHANNELS	NEW SUBS	
January 2026	0	0	391	
December 2025	0	0	3 680	
Nov 2025	0	0	17 010	
Oct 2025	0	0	30 506	
September 2025	1	1	23 641	
August 2025	0	0	4 480	
TOTAL MENTIONS		MONTHS IN DATA	SUBS GAINED	
1		6	79 708	

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category "Food & cooking» (Russia) and compared your channel. Gray band shows where 80% of niche channels fall (p10 to p90). Black vertical line is median. Red dot is your channel.

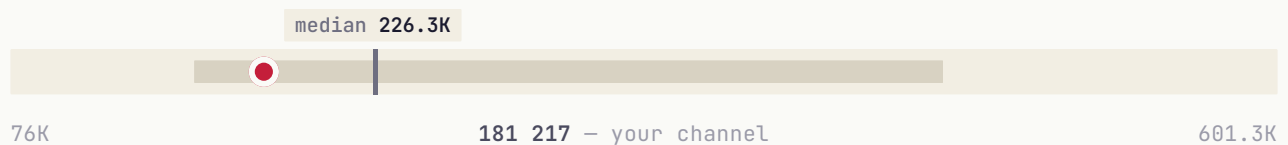
#75/100

RANK IN NICHE

Channel in the bottom half of the ranking

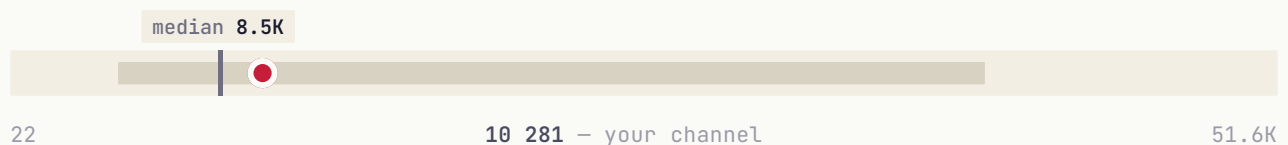
SUBSCRIBERS

worse than median by 20%



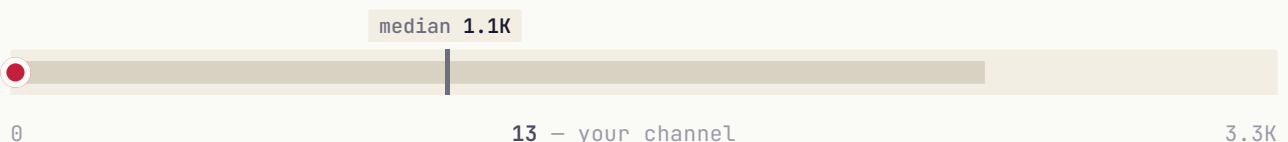
AVG REACH / POST

better than 52% of niche



CITATION INDEX

worse than median by 99%



— 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 Wednesday

Audience is most active on this day at 12:00 MSK.

EFFECT

**Best window
for a key post**

02

Increase video post share

Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 5.67% vs norm 9.0%. Try polls & interactive formats.

EFFECT

+3.3pp ER

04

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**

05

Test polls & interactive formats

Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic is an easy win.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want us to do this **PromptPress?**

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

01	Launch ads on Telegram	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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