

PROMTPRESS PUBLIC REPORT

# Channel audit

## CUPSIZE



@gruppacupsizе

merch - <https://facon.store/cupsizе mgmt> - @kletskiy For collab  
(ads money if you want to pay preferably a lot) - @kletskiy inst:  
linalifonovaaa

SUBSCRIBERS

**176 917**

+1058 per month

ERR (% SEE POSTS)

**102.0%**

last day 40.6%

REACH/POST

**181.1K**

ad reach 71.6K/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.

|                                                                                      |                                                                                                                                    |                                                                                                                          |                                                                                                        |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <div><div></div><div>SUBSCRIBERS</div></div> <div>176 917</div> <div>—</div>         | <div><div></div><div>SUBSCRIBER REACH</div></div> <div>102.34%</div> <div>avg % subs see post</div>                                | <div><div></div><div>VIEWS/POST</div></div> <div>181.1K</div> <div>median 225K · 24 days</div>                           | <div><div></div><div>POSTS/WEEK</div></div> <div>3.2</div> <div>for period</div>                       |
| <div><div></div><div>7D TREND</div></div> <div>—</div> <div>no data for period</div> | <div><div></div><div>REACTIONS/POST</div></div> <div>7746.5</div> <div>total 85,211 reactions, 4,660 reposts, 9,187 comments</div> | <div><div></div><div>POST LENGTH</div></div> <div>39 chars</div> <div>median 27 · 24 days</div>                          | <div><div></div><div>POSTS ANALYZED</div></div> <div>11</div> <div>24 days</div>                       |
| <div><div></div><div>AD REACH</div></div> <div>71.6K</div> <div>24h avg</div>        | <div><div></div><div>CHURN / MONTH</div></div> <div>+1058</div> <div>last month</div>                                              | <div><div></div><div>CITATION RATE</div></div> <div>54</div> <div>citation index · 863 channels mentioned all time</div> | <div><div></div><div>CHANNEL AGE</div></div> <div>4 years 8 months</div> <div>created 15.10.2021</div> |

AI EDITOR SUMMARY

Channel «CUPSIZE» – 176 917 subs. Each post averages 181.1K people (102% of subs), wide reach for a channel this size. 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.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 11 posts over 24 days.
- 02 Dominant format — Text (9/11 posts).
- 03 Avg post length — 39 chars (median 27).
- 04 Peak audience activity — Thursday, 21:00 MSK.
- 05 Top posts get 3x more views than the weakest (250K avg for top vs 81.9K for worst) — among 11 posts in 24 days. Worth analyzing what the top ones share: topic, format, timing.

TOP 5 POSTS

|                                                                                                                                                                                 |                                                                       |                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|
| <div><div>Nº1</div><div>11.06 · 18:35</div><div>PHOTO</div></div> <div></div>                | <div>VIEWS</div> <div>262 019</div> <div>REPOSTS</div> <div>282</div> | <div>REACTIONS</div> <div>16 255</div> <div>ER</div> <div>148.1%</div> |
| <div><div>Nº2</div><div>07.06 · 17:06</div><div>TEXT</div></div> <div>we're going to shoot TikToks to the sounds of Vam btw what do you think, climb a tree today or not?</div> | <div>VIEWS</div> <div>244 173</div> <div>REPOSTS</div> <div>167</div> | <div>REACTIONS</div> <div>9 806</div> <div>ER</div> <div>138.0%</div>  |
| <div><div>Nº3</div><div>07.06 · 03:39</div><div>TEXT</div></div> <div>My whole life goanoooooooooooo</div>                                                                      | <div>VIEWS</div> <div>243 678</div> <div>REPOSTS</div> <div>457</div> | <div>REACTIONS</div> <div>10 650</div> <div>ER</div> <div>137.7%</div> |

|                                                                                                                                                                   |                                                                      |                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|
| <div><div>Nº4</div><div>08.06 · 14:58</div><div>TEXT</div></div> <div>Vooот <a href="https://vt.tiktok.com/ZSQrBS7qW/">https://vt.tiktok.com/ZSQrBS7qW/</a></div> | <div>VIEWS</div> <div>237 762</div> <div>REPOSTS</div> <div>46</div> | <div>REACTIONS</div> <div>4 439</div> <div>ER</div> <div>134.4%</div> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|

|                                                                                                |                                                                      |                                                                       |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|
| <div><div>Nº5</div><div>07.06 · 17:04</div><div>TEXT</div></div> <div>flomu btw ❤️ Aaaaa</div> | <div>VIEWS</div> <div>225 432</div> <div>REPOSTS</div> <div>74</div> | <div>REACTIONS</div> <div>7 863</div> <div>ER</div> <div>127.4%</div> |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|

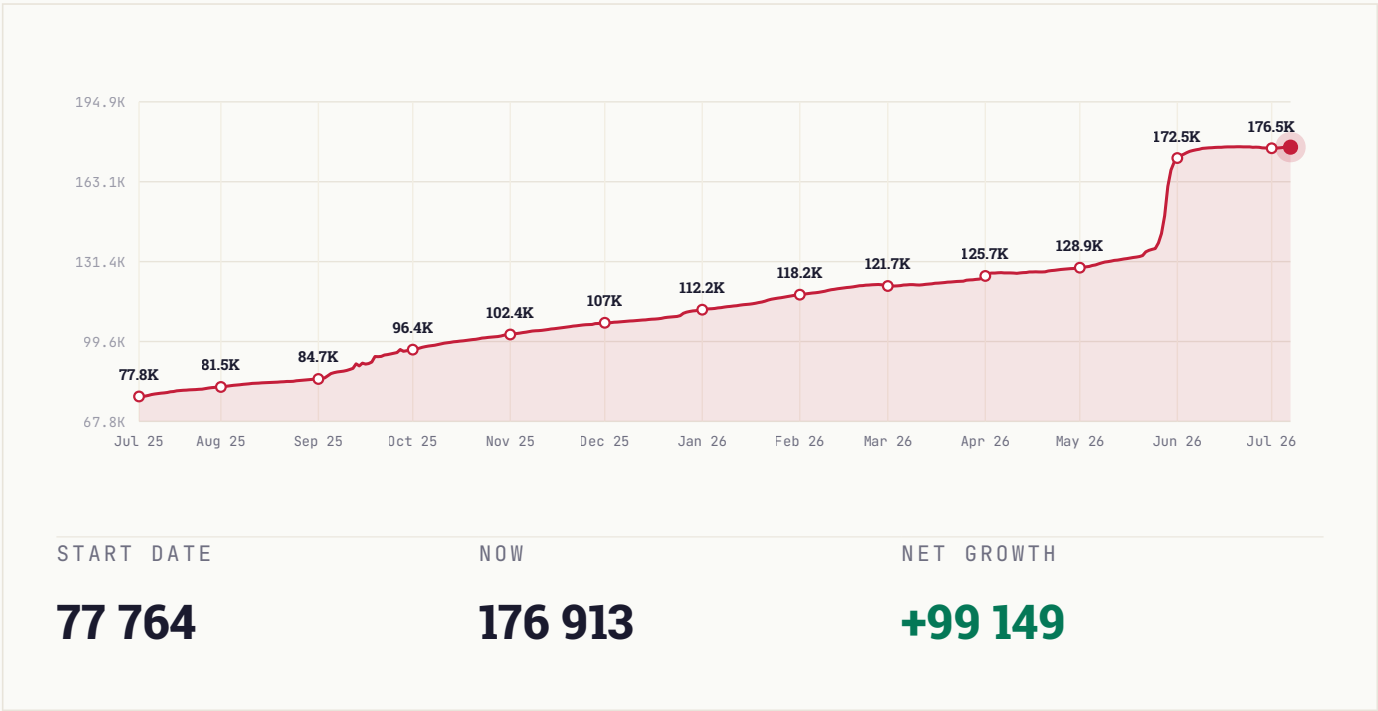
WORST 3

|                                                                                                         |                                                                      |                                                                      |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|
| <div><div>↓</div><div>01.07 · 13:22</div><div>TEXT</div></div> <div>damn what a mess</div>              | <div>VIEWS</div> <div>84 225</div> <div>REPOSTS</div> <div>666</div> | <div>REACTIONS</div> <div>5 000</div> <div>ER</div> <div>47.6%</div> |
| <div><div>↓</div><div>01.07 · 13:22</div><div>TEXT</div></div> <div>Sorry</div>                         | <div>VIEWS</div> <div>82 750</div> <div>REPOSTS</div> <div>475</div> | <div>REACTIONS</div> <div>4 443</div> <div>ER</div> <div>46.8%</div> |
| <div><div>↓</div><div>01.07 · 13:29</div><div>TEXT</div></div> <div>(post without caption – text)</div> | <div>VIEWS</div> <div>78 632</div> <div>REPOSTS</div> <div>698</div> | <div>REACTIONS</div> <div>4 365</div> <div>ER</div> <div>44.4%</div> |

SECTION 03 · SUBSCRIBER DYNAMICS

# How the channel grew over the year

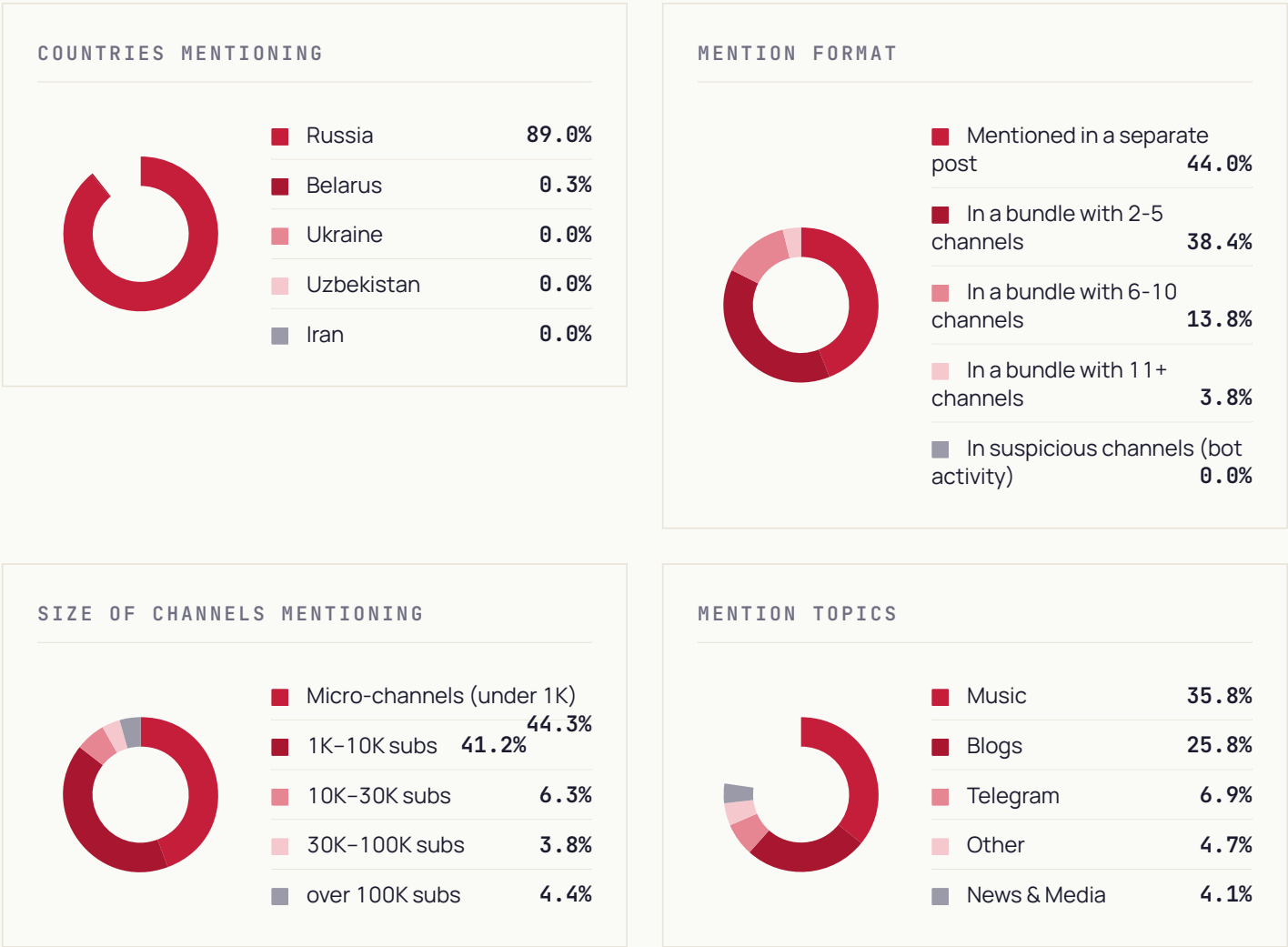
Subscriber growth chart for the year. Key months show exact subscriber count.  
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

# Who mentions the channel and how

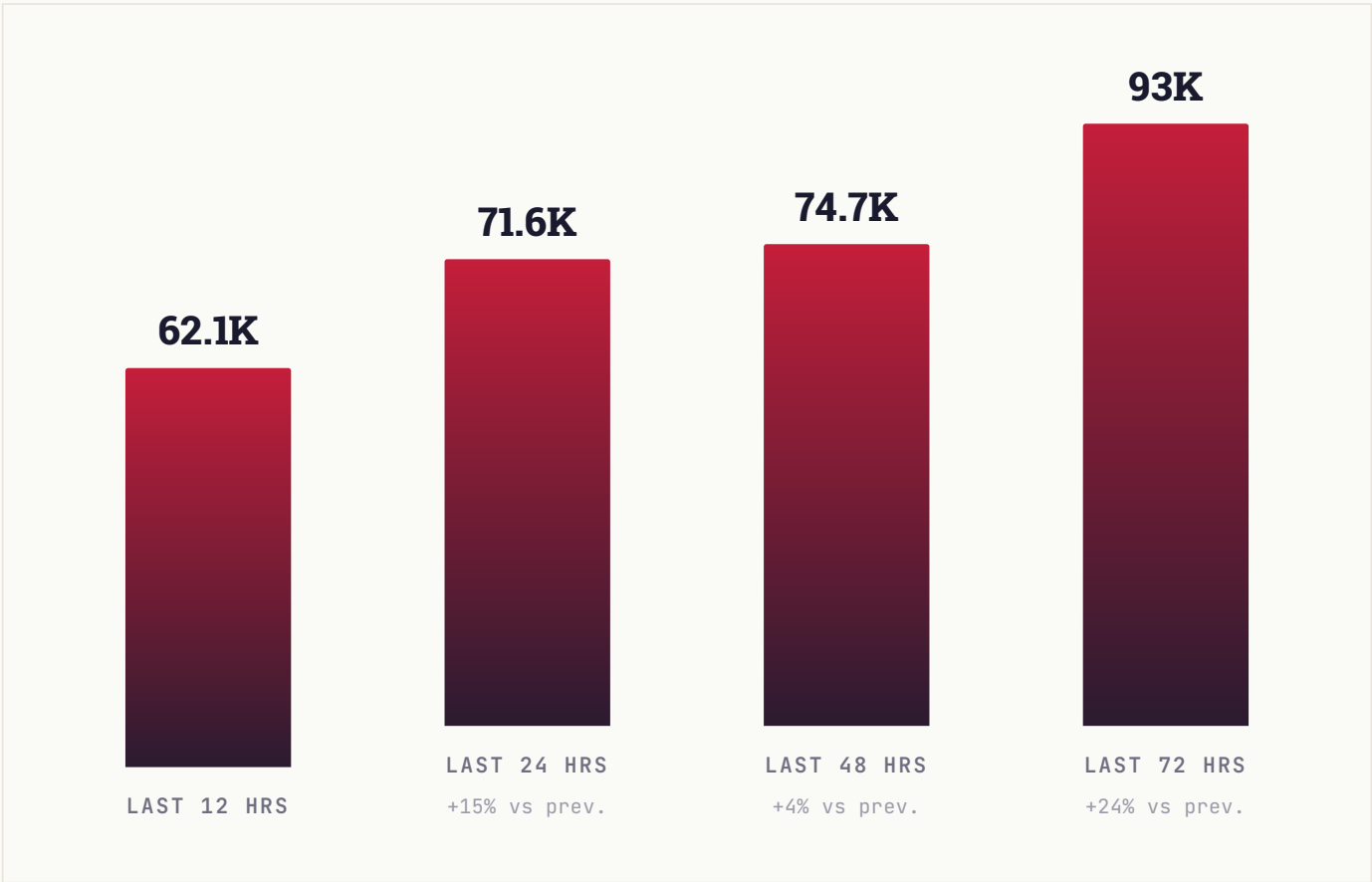
Citation index **54** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **863** different channels.



SECTION 05 · AD POTENTIAL

# How long a post generates reach

Avg reach of ad post over time since publication. Helps gauge 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 where you stand among niche peers.

| CHANNEL                                    | SUBSCRIBERS |
|--------------------------------------------|-------------|
| <div>DM</div> <div>Dima Maslennikov</div>  | 2.2M        |
| <div>LI</div> <div>LITVIN</div>            | 1.6M        |
| <div>EX</div> <div>Exile</div>             | 1.4M        |
| <div>AZ</div> <div>Alexander Zubarev</div> | 1.3M        |
| <div>B🍄</div> <div>Booster 🍄</div>         | 1.2M        |
| <div>E1</div> <div>EVELONE 192</div>       | 1.2M        |
| <div>KB</div> <div>Bloody lady</div>       | 1.1M        |
| <div>ZJ</div> <div>broen lives here</div>  | 1.1M        |
| <div>PA</div> <div>PARADEYEVICH</div>      | 1M          |
| <div>NOT</div> <div>NEVZOROV</div>         | 1M          |
| <div>CU</div> <div>CUPSIZE YOU</div>       | 176.9K      |

COMPARATIVE CONCLUSION

Channel not yet outside niche top 100 — early growth stage. Niche leader — Dima Maslennikov (2.2M), top-100 median: 426.9K. First goal — enter top-100 through systematic traffic and content work.

SECTION 07 · MENTION TRENDS

# 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 **58**, they brought **38 532** new subs.

| PERIOD         | MENTIONS | CHANNELS | GAINED SUBSCRIBERS |
|----------------|----------|----------|--------------------|
| January 2026   | 1        | 1        | 5 932              |
| December 2025  | 13       | 10       | 5 183              |
| Nov 2025       | 3        | 3        | 4 624              |
| Oct 2025       | 19       | 18       | 6 108              |
| September 2025 | 21       | 13       | 13 531             |
| August 2025    | 1        | 1        | 3 154              |

|                |                |                      |
|----------------|----------------|----------------------|
| TOTAL MENTIONS | MONTHS OF DATA | ACQUIRED SUBSCRIBERS |
| 58             | 6              | 38 532               |

## 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 where 80% of niche channels fall (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.

- |           |                                                                                                                                                                                                                       |                                                |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| <b>01</b> | <b>Post more often</b><br>Now 3.2 posts/wk. Active channels do 7-10.<br>Consistency is key to retention.                                                                                                              | EFFECT<br><b>Consistency beats volume</b>      |
| <b>02</b> | <b>Main post of the week — on Thursday</b><br>Audience is most active on this day at 21:00 MSK.                                                                                                                       | EFFECT<br><b>Best time for key posts</b>       |
| <b>03</b> | <b>Increase video posts share</b><br>Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%.                                                     | EFFECT<br><b>Video retains audience better</b> |
| <b>04</b> | <b>Systematic traffic buying</b><br>Three formats for your media: <b>Inhouse</b> (premium channels), <b>Native</b> (native integrations), <b>Premium</b> (target audience). PromptPress picks sources for your niche. | EFFECT<br><b>+1000-3000 subs</b>               |
| <b>05</b> | <b>Test polls &amp; interactive formats</b><br>Posts with polls/reactions usually boost ER by +5-15%.<br>One poll per week on a hot topic — an easy growth lever.                                                     | EFFECT<br><b>+5-15% ER</b>                     |

★ WHAT'S NEXT

# Want us to do this **PromptPress?**

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

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|    |                            |                                                                                             |
|----|----------------------------|---------------------------------------------------------------------------------------------|
| 01 | <b>Launch Telegram ads</b> | <a href="https://panel.promptpress.com/register">https://panel.promptpress.com/register</a> |
|----|----------------------------|---------------------------------------------------------------------------------------------|

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|    |                        |                                                                         |
|----|------------------------|-------------------------------------------------------------------------|
| 02 | <b>Contact manager</b> | <a href="https://t.me/PromptPress_manager">t.me/PromptPress_manager</a> |
|----|------------------------|-------------------------------------------------------------------------|

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