

PUBLIC REPORT BY PROMTPRESS

Channel audit

Valentine



@hb_vltn

Life, love, motivation, cooking, sport, style, health

SUBSCRIBERS

74 271

-621 per month

ERR (% SEE POSTS)

52.0%

daily **25.6%**

REACH/POST

38K

ad reach **19K**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. Subtitle shows the period it covers.

 SUBSCRIBERS 74 271 —	 SUB REACH 51.19% avg % subs see post	 VIEWS/POST 38K median 42.4K · 18 days	 POSTS/WEEK 3.0 over period
 7D TREND — no data for period	 REACTIONS/POST 1119.5 total 8,956 reactions, 0 reposts, 167 comments	 POST LENGTH 278 chars. median 197 · 18 days	 POSTS ANALYZED 8 18 days
 AD REACH 19K 24h avg	 CHURN / MONTH -621 last month	 CITATION RATE 9 citation index · 28 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 11.03.2022

AI EDITOR SUMMARY

Channel «Valentine» – 74 271 subs. Each post averages 38K people (51% from subs), wide reach for a channel this size. Publishes 3 posts per week (~0/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 8 posts over 18 days.
- 02 Dominant format — Video (5/8 posts).
- 03 Avg post length — 278 chars (median 197).
- 04 Peak audience activity — Sunday, 13:00 MSK.
- 05 Strongest posts get 2x more views than the weakest (49.3K avg for top vs 23.9K for worst) — among 8 posts over 18 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 18.06 · 19:35 TEXT My subs, I've been MIA and it's no accident. Temporarily without a nanny, I've been fully focused on Emma for months. Do...	VIEWS 52 026 REPOSTS —	REACTIONS 2 750 ER 70.0%
Nº2 21.06 · 10:04 PHOTO PMS season is officially open	VIEWS 49 813 REPOSTS —	REACTIONS 1 500 ER 67.1%
Nº3 18.06 · 19:29 VIDEO Oh, I'm so happy about this push	VIEWS 45 998 REPOSTS —	REACTIONS 551 ER 61.9%

Nº4 18.06 · 19:15 VIDEO (captionless post – video)	VIEWS 43 113 REPOSTS —	REACTIONS 170 ER 58.0%
Nº5 26.06 · 17:31 VIDEO Happy with the procedure What I had done: RF microneedling Morpheus on belly, butt Polylactic acid same areas Endosphere twice a week Icoone...	VIEWS 41 608 REPOSTS —	REACTIONS 1 243 ER 56.0%

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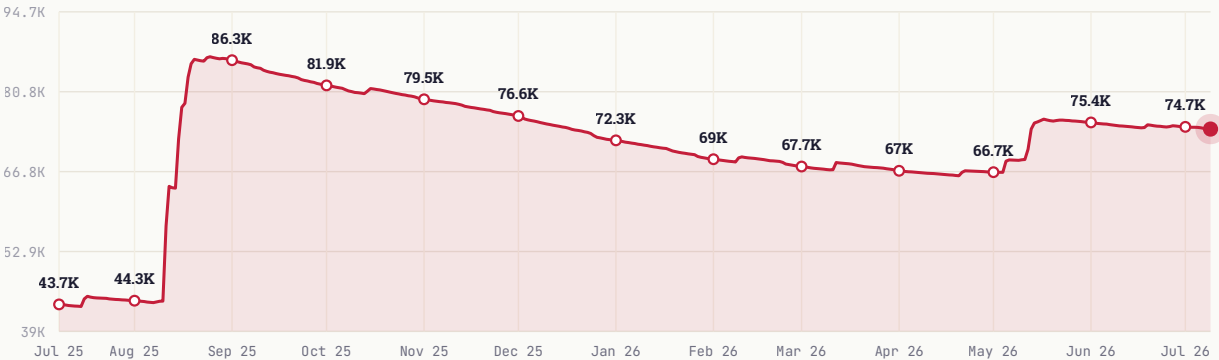
WORST 3

↓ 04.07 · 11:10 VIDEO Did Botox today – full face. I'll honestly do everything I can to preserve my beauty, freshness, and youth. Girls, let's...	VIEWS 30 009 REPOSTS —	REACTIONS 1 005 ER 40.4%
↓ 07.07 · 07:04 VIDEO (captionless post – video)	VIEWS 20 869 REPOSTS —	REACTIONS 1 221 ER 28.1%
↓ 07.07 · 07:06 TEXT That's our good morning. Called everyone via video call. Greeted all, went to cook porridge and get ready for bedtime. Then...	VIEWS 20 741 REPOSTS —	REACTIONS 516 ER 27.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact sub count. Shows months of growth vs. churn.

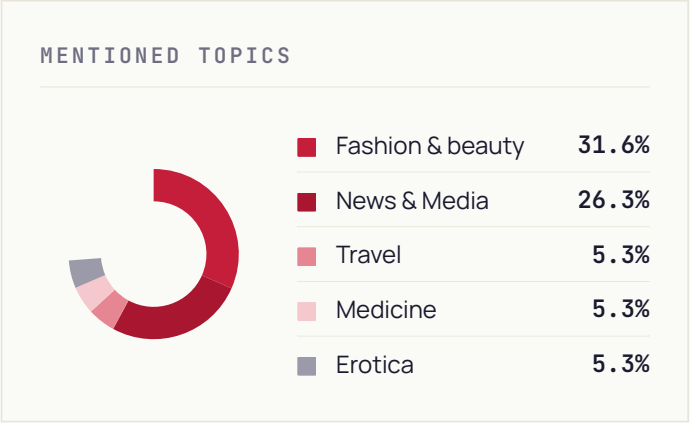
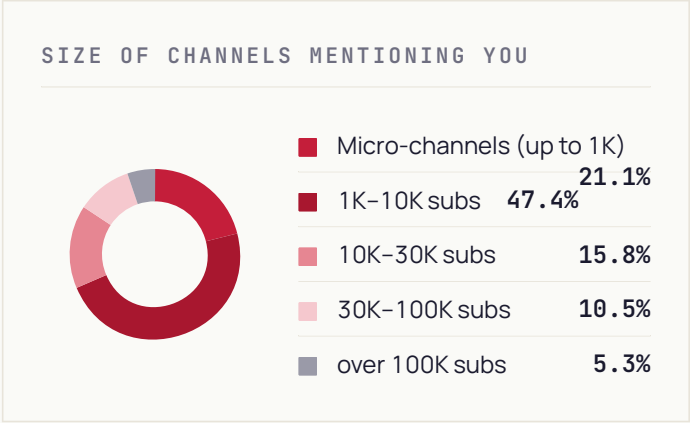
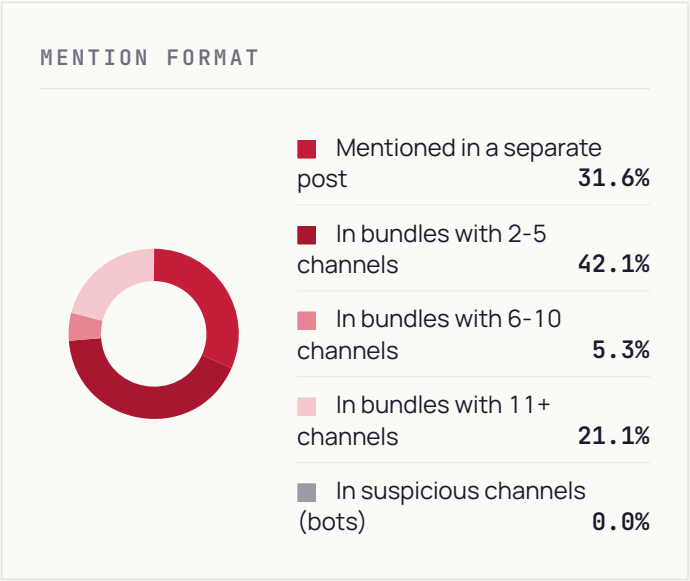
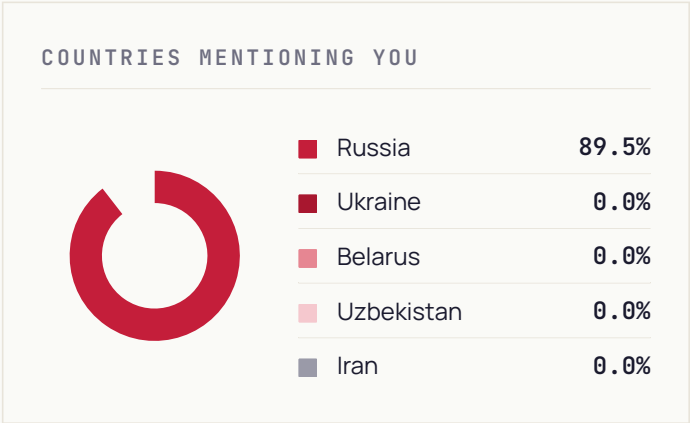


PERIOD START	NOW	NET GROWTH
43 677	74 271	+30 594

SECTION 04 · MENTIONS

Who & how mentions the channel

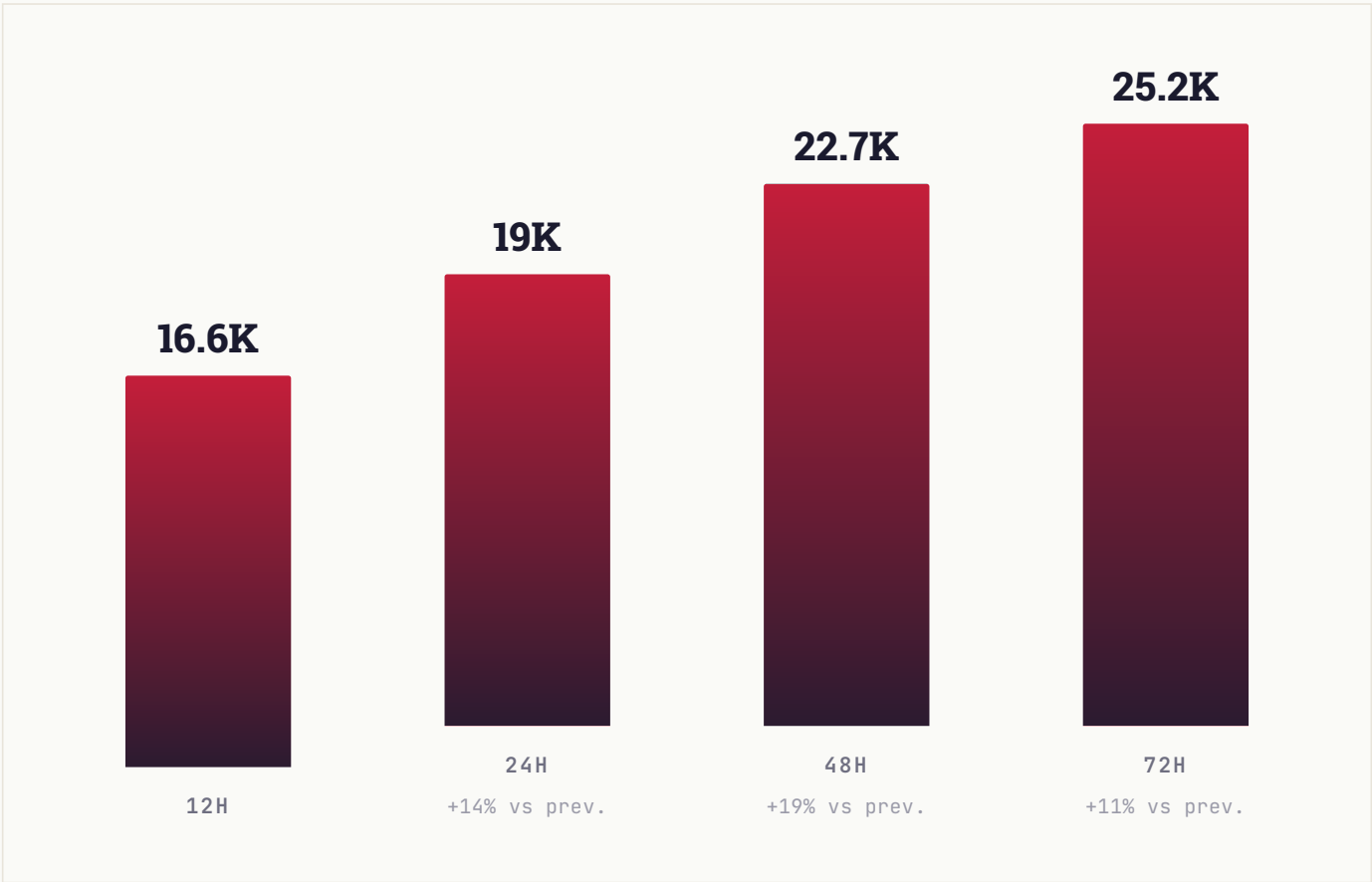
Citation index **9** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K one. All-time mentions: **28** different channels.



SECTION 05 · 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 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KR Cooking Recipes Salads 🤖	995.6K
Fri Pyaterochka	776.5K
M Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
PR Simple Recipes	586.9K
KR Recipe book	559K
CN Kitchen inside out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Thu Everyday recipes	461.5K
VA Valentine YOU	74.3K

COMPARATIVE INSIGHT

Channel not yet outside top 94 in niche — early growth stage. Niche leader — Cooking Recipes Salads 🤖 (995.6K), top-94 median: 205K. First goal: enter top-94 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **11**, they brought **44 444** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	3	2	0	
December 2025	0	0	0	
Nov 2025	2	2	0	
Oct 2025	2	2	872	
September 2025	2	2	0	
August 2025	2	2	43 572	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
11	6	44 444

SECTION 08 · NICHE COMPARISON

Where channel stands in its league

Took top-100 channels in category «Food & cooking» (Russia) and saw how your channel compares. 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 3.0 posts/wk. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
beats volume****02****Main post of the week — Sunday**

Most active today at 1:00 PM MSK.

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 weekly poll on a hot topic is an easy growth lever.

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

Swap posts with same-segment channels once a quarter. 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 a few minutes based on public data. If you 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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