

PUBLIC REPORT BY PROMTPRESS

Channel audit

My Favorite Moments



@hydeemvmeste25

I'll lose weight after 2nd 🔥 Planning 🍳 Recipes, life hacks, motivation, travel collab @pozitivno21 Perfluence <https://clck.ru/3Q8dqx> GB c8f68131-5dd3-43be-bace-67be45f23d24 RKN...

SUBSCRIBERS

55 180

+1343 per month

ERR (% SEE POSTS)

46.0%

last day 37.3%

REACH/POST

25.2K

ad reach 20.6K/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.

 SUBSCRIBERS 55 180 —	 SUBSCRIBER REACH 45.71% avg % subs see post	 VIEWS/POST 25.2K median 25.5K · 11 days	 POSTS/WEEK 1.9 for period
 7D TREND — no data for period	 REACTIONS/POST 903.3 total 2,710 reactions, 255 reposts, 34 comments	 POST LENGTH 808 chars median 832 · 11 days	 POSTS ANALYZED 3 11 days
 AD REACH 20.6K 24h avg	 CHURN / MONTH +1343 last month	 CITATION RATE 1 citation index · 27 channels mentioned ever	 CHANNEL AGE 2 years 6 days created 03.07.2024

AI EDITOR SUMMARY

Channel 'My Favorite Moments' — 55 180 subs. Avg post views 25.2K people (46% of subs), wide reach for a channel this size. Publishes 2 posts/week (~0/day) — rare posts.

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 3 posts over 11 days.
- 02 Dominant format — Video (3/3 posts).
- 03 Avg post length — 808 chars (median 832).
- 04 Peak Audience Activity — Monday, 17:00 MSK.
- 05 Top posts get 1x more views than the weakest (25.2K avg for top vs 25.2K for worst) — among 3 posts in 11 days. Analyze what the top has in common: topic, format, timing.

TOP 3 POSTS

Nº1 29.06 · 14:16 VIDEO Can't just pop in and look... Went in to 'just look'... Yeah, right. 😂 Saw licensed collectible Pop figures...	VIEWS 25 900 REPOSTS 106	REACTIONS 750 ER 46.9%
Nº2 19.06 · 11:50 VIDEO Every family has its roles 😂 Someone handles the mortgage. Someone pays utilities. Someone is the repair guru. Someone is just the beloved daughter. And...	VIEWS 25 515 REPOSTS 62	REACTIONS 1 506 ER 46.2%
Nº3 18.06 · 08:20 VIDEO Sometimes I feel like I just can't stay home 😂 Seriously. Every time I tell myself: 'That's it, this weekend I'll take it easy.' But...	VIEWS 24 252 REPOSTS 87	REACTIONS 454 ER 44.0%

WORST 3

↓ 29.06 · 14:16 VIDEO Can't just pop in and look... Went in to 'just look'... Yeah, right. 😊 Saw licensed collectible Pop figures...	VIEWS 25 900 REPOSTS 106	REACTIONS 750 ER 46.9%
↓ 19.06 · 11:50 VIDEO Every family has its roles 😊 Someone handles the mortgage. Someone pays utilities. Someone is the repair guru. Someone is just the beloved daughter. And...	VIEWS 25 515 REPOSTS 62	REACTIONS 1 506 ER 46.2%
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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

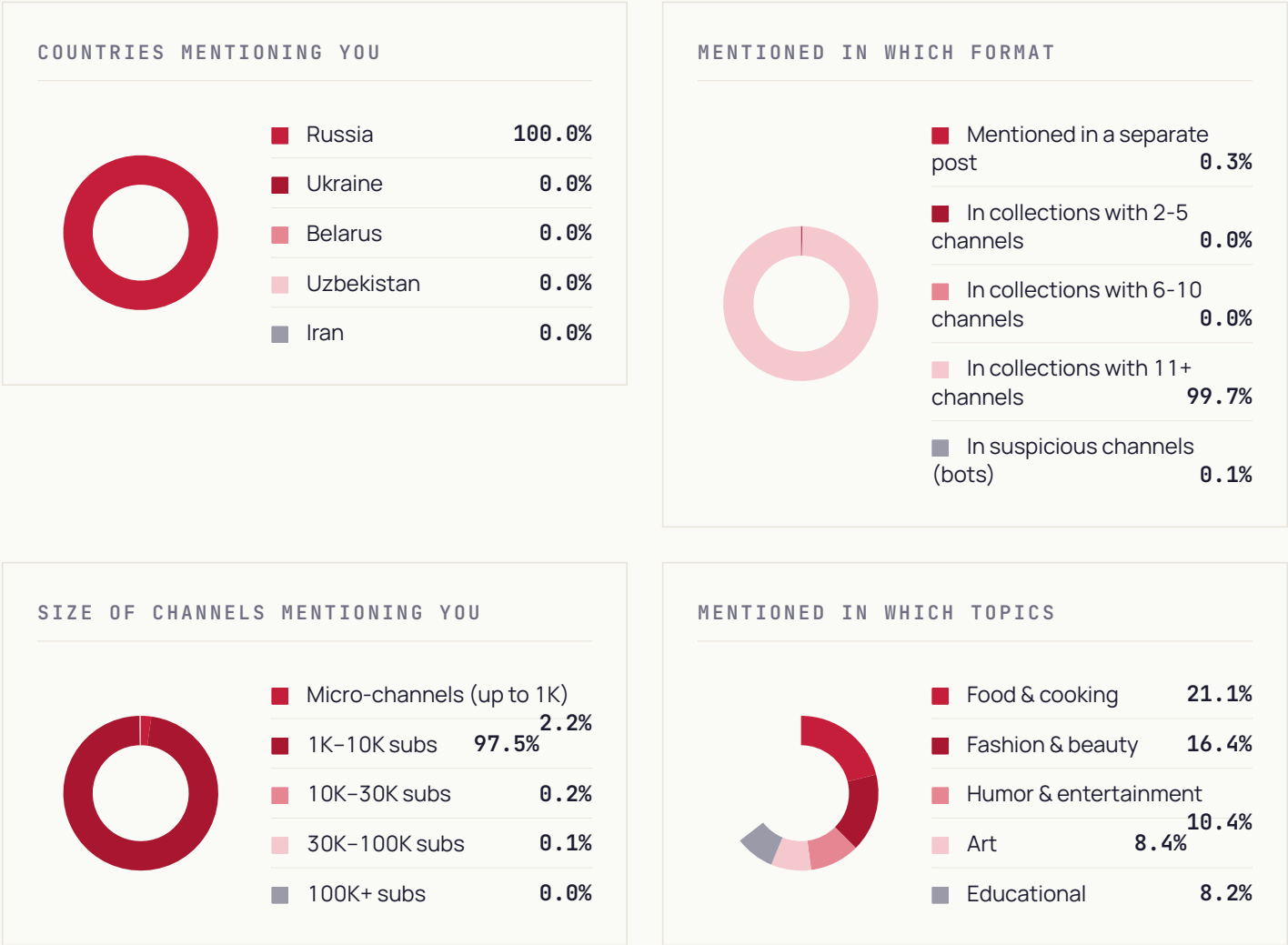
Subscriber growth chart for the year. Key months show exact sub count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

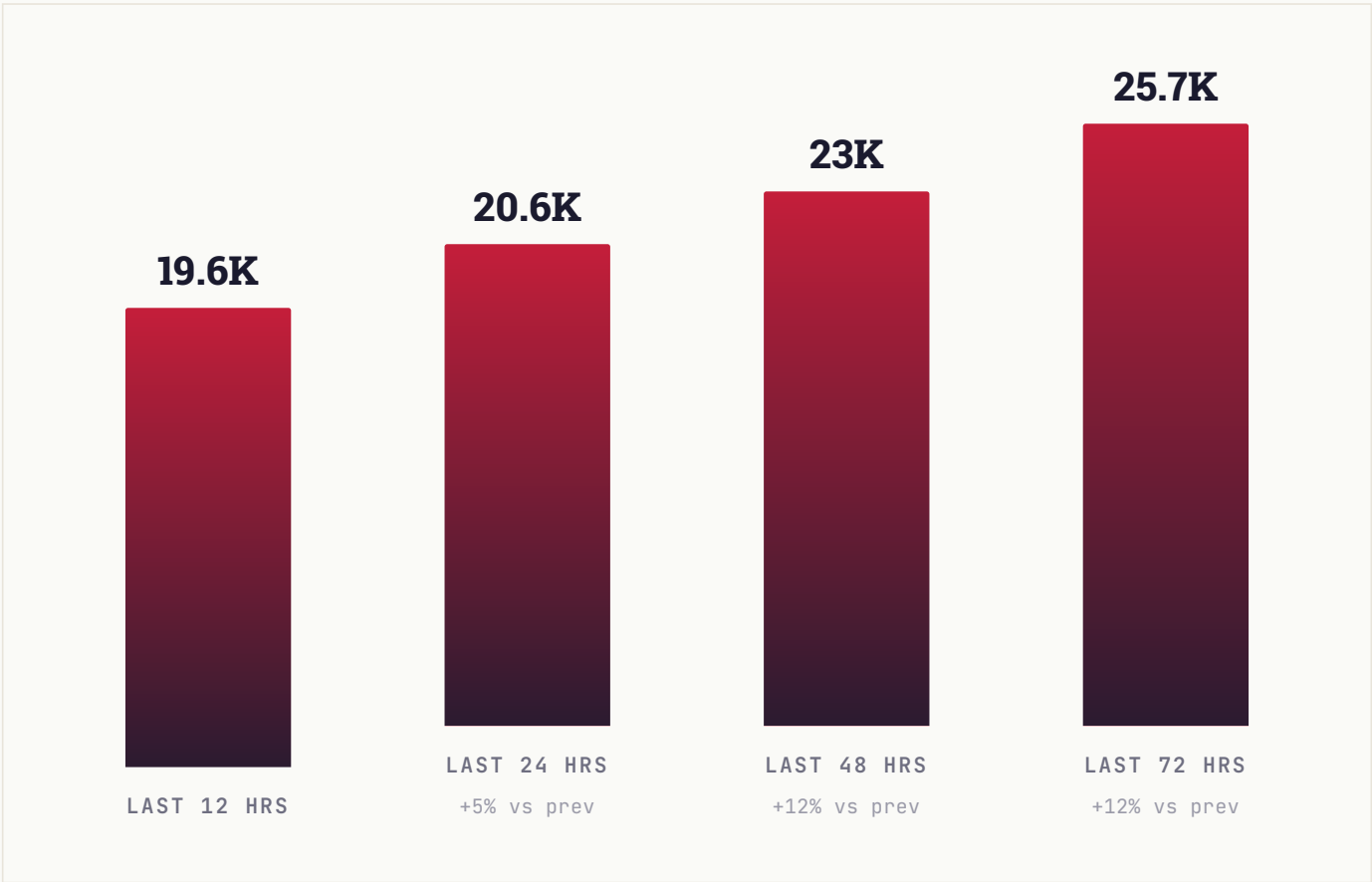
Citation index 1 — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **27** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see its rank 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
Tue Simple Recipes	586.9K
KR Recipe book	559K
CN Inside-out kitchen	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Sun Everyday Recipes	461.5K
ML My Favorite Moments YOU	55.2K

COMPARATIVE CONCLUSION

Channel is still outside top 94 of niche — early growth stage. Niche leader — Cooking Recipes Salads 🧑🍳 (995.6K), median top-94: 205K. First goal — enter top-94 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions occurred **1 526**, they brought **29 264** new subs.

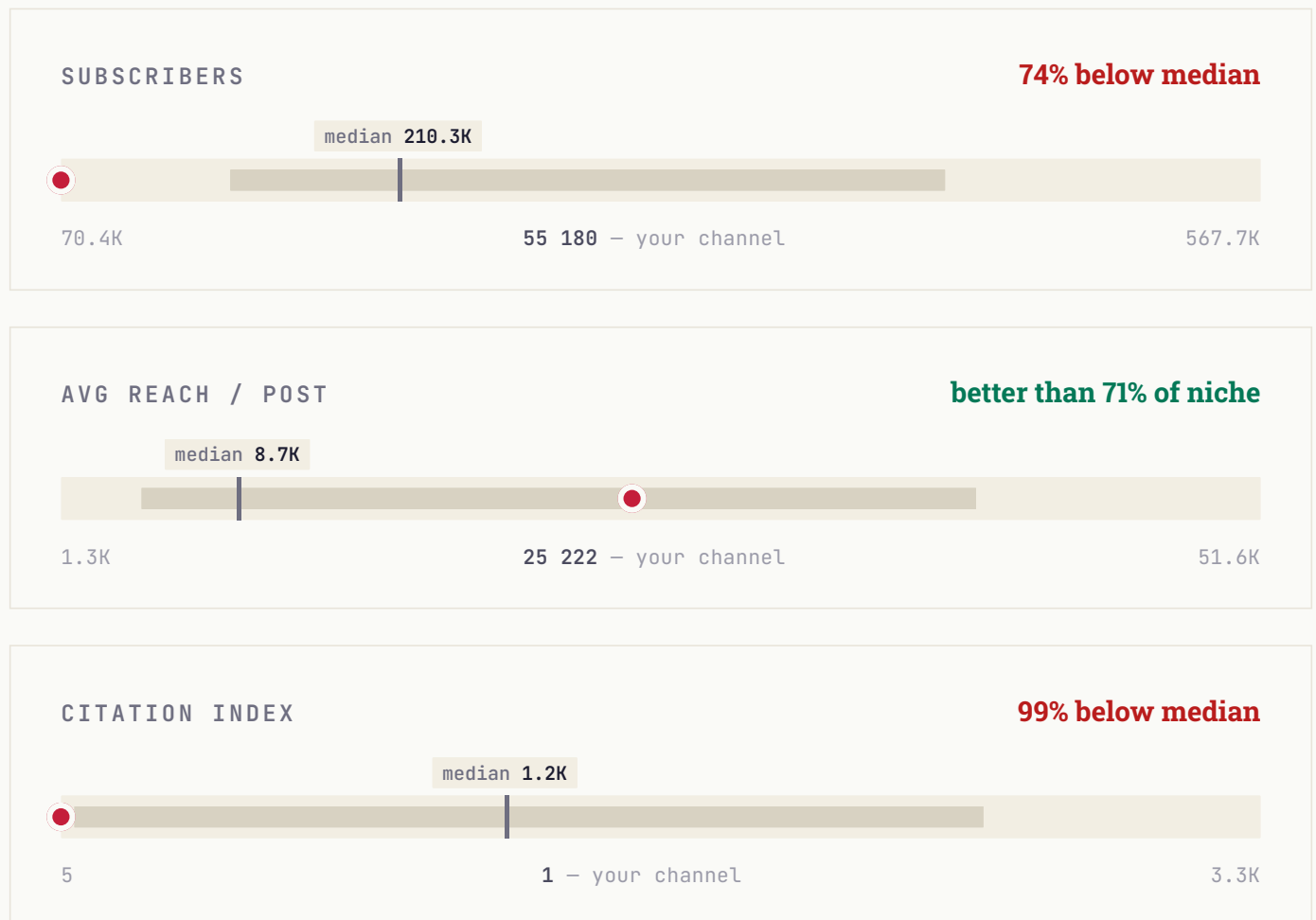
PERIOD	MENTIONS	CHANNELS	SUBSCRIBERS ACQUIRED	
January 2026	0	0	671	
December 2025	0	0	2 334	
November 2025	51	25	11 918	
October 2025	610	25	10 063	
September 2025	627	26	3 876	
August 2025	238	21	402	

TOTAL MENTIONS	MONTHS OF DATA	SUBSCRIBERS ATTRACTED
1 526	6	29 264

SECTION 08 · NICHE COMPARISON

Where channel stands in its league

Took top-100 channels in category «Food & cooking» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10-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 in a month.

01**Increase posting frequency**

Now 1.9 posts/wk. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
Over Volume****02****Top post of the week — on Monday**

Audience most active on this day at 17:00 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 finds 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 — easy growth lever.

EFFECT

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

Swap posts with channels in the same segment 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 minutes from public data. Want to go further? Run ads with us and hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
