

PUBLIC REPORT BY PROMTPRESS

Channel audit

WEIGHT LOSS WITHOUT BANS



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Burned 50 kg of fat 🔥 I'll lose weight and you too! Teach you to eat everything and lose weight 🍽️🍷🛒 WB finds ▯ reviews 📌 Useful care tips

SUBSCRIBERS

15 891

-1348 per month

ERR (% SEE POSTS)

80.0%

in 24 hours 61.4%

REACH/POST

13.4K

ad reach 10.3K/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 15 891 —	 SUBSCRIBER REACH 84.27% avg % subs see post	 VIEWS/POST 13.4K median 14K · 29 days	 POSTS/WEEK 5.3 over period
 7D TREND +4.5% vs previous week	 REACTIONS/POST 346.9 only 7,631 reactions, 27 reposts, 0 comments	 POST LENGTH 325 chars median 240 · 29 days	 POSTS ANALYZED 22 29 days
 AD REACH 10.3K 24h avg	 CHURN / MONTH -1348 last month	 CITATION RATE 0 citation index (cumulative)	 CHANNEL AGE 2 yr 10 mo created 24.08.2023

AI EDITOR SUMMARY

Channel «WEIGHT LOSS WITHOUT BANS» – 15 891 subs. Each post averages 13.4K people (84% from subs), this is wide reach for a channel this size. Publishes 5 posts per week (~1/day) – rare posts. For the week of June 22–28, reach stable (+4.5% vs week 15–21 Jun).

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 TOP POSTS HAVE IN COMMON

- 01 Analysis based on 22 posts over 29 days.
- 02 Dominant format – Video (19/22 posts).
- 03 Avg post length – 325 chars (median 240).
- 04 Peak audience activity – Tuesday, 08:00 MSK.
- 05 Top posts get 1x more views than the weakest (17.3K avg for top vs 11.7K for worst) – among 22 posts over 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 27.06 · 12:23 VIDEO Philosophy of regular but gentle care: we don't chase instant miracles, we build a plan, and skin responds with gratitude...	VIEWS 18 550 REPOSTS 1	REACTIONS 402 ER 116.7%
Nº2 30.06 · 05:24 VIDEO NBB X OZON: His carry-on - systematic and thoughtful care just for him 🥰	VIEWS 17 028 REPOSTS 4	REACTIONS 1 033 ER 107.2%
Nº3 01.07 · 04:10 VIDEO Art wb 1022233773 My Transformation in 7 Days. 😊 Minus puffiness Minus heaviness Minus volume Perfect before a big event 🔥	VIEWS 16 438 REPOSTS 3	REACTIONS 342 ER 103.4%

Nº4 08.06 · 01:48 VIDEO One, two, three — LET'S GO!	VIEWS 16 230 REPOSTS 1	REACTIONS 255 ER 102.1%
Nº5 13.06 · 18:44 VIDEO 🍰🍰🍰	VIEWS 15 415 REPOSTS 2	REACTIONS 421 ER 97.0%

WORST 3

↓ 11.06 · 07:04 VIDEO REPLACEMENT FOR SOUPS. I found a tasty alternative to soups and snacks. These are Faberlic peptide bone broths. They perfectly fill you with energy and...	VIEWS 12 215 REPOSTS 1	REACTIONS 336 ER 76.9%
↓ 20.06 · 15:46 VIDEO I call the guardianship to say the bowl is already showing bottom! I REPEAT! Showing bottom!	VIEWS 11 794 REPOSTS —	REACTIONS 355 ER 74.2%
↓ 29.06 · 03:10 VIDEO BEACH MEETING — LONG-DISTANCE LOVE & CUPID WAS ON VACATION TOO. EPISODE 31. 🎬 Two weeks apart, a bouquet of white roses and waiting...	VIEWS 11 013 REPOSTS 1	REACTIONS 313 ER 69.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

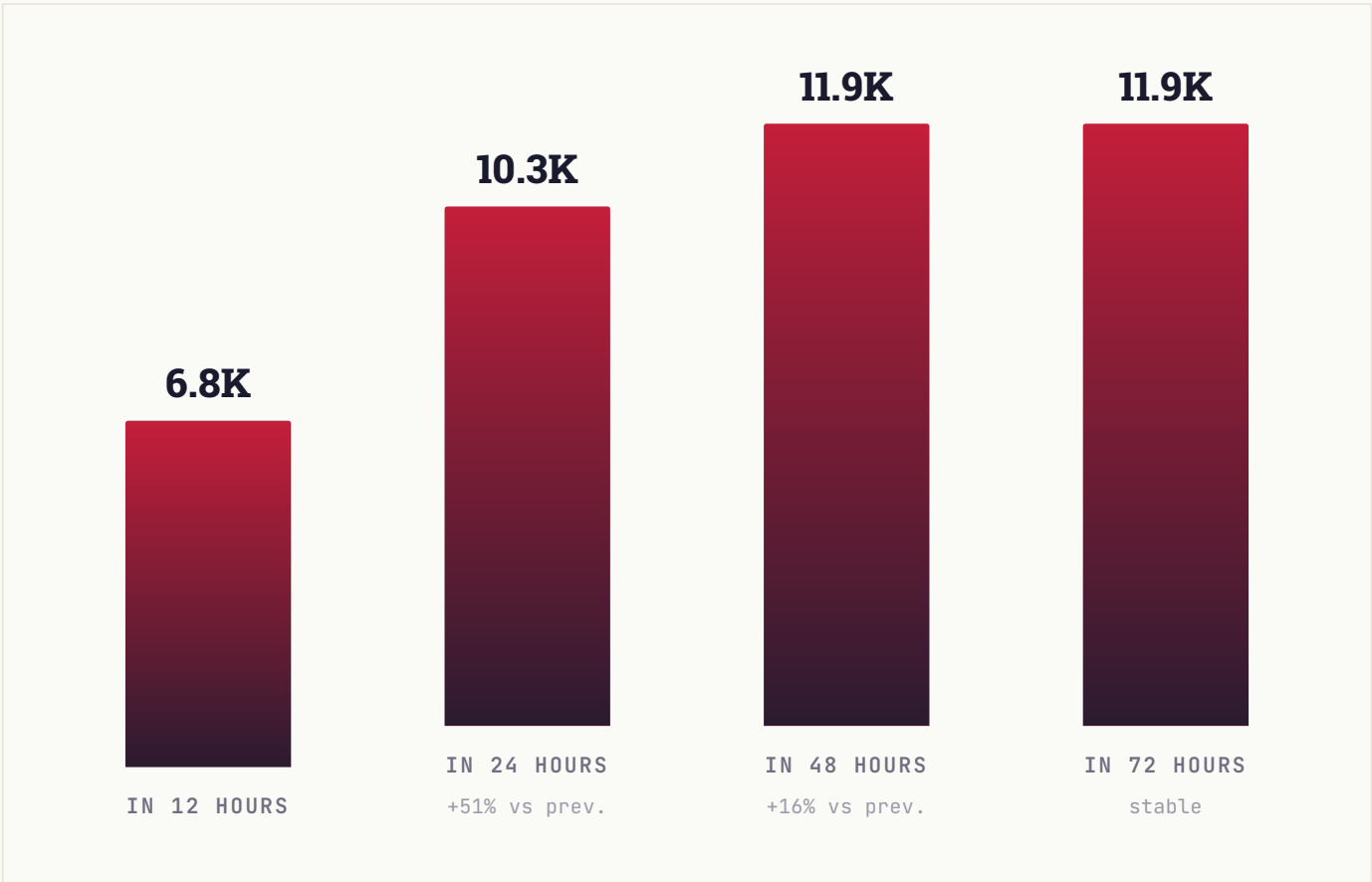
Subscriber growth chart for the year. Key months show exact subs. See which months the channel gained or lost subs.



SECTION 04 · 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 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
OZ OZON	1.1M
ER Market discounts	1M
YaM Yandex Market	1M
X- Freeloaders - Lightning	997.5K
WS WB Sniper Wildberries Finds Discounts Deals	922.2K
PB By Pull	876.1K
Z Hare Promos Discounts	874.4K
W Wildberries finds	793.3K
VI ITEMS FROM VIDEO	703.1K
AL Alpha-Profitable	558.5K
PB WEIGHT LOSS WITHOUT BANS YOU	15.9K

COMPARATIVE CONCLUSION

Channel not yet outside top 94 of niche — early growth stage. Niche leader — OZON (1.1M), top-94 median: 204.2K. First goal — enter top-94 via systematic traffic & content work.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

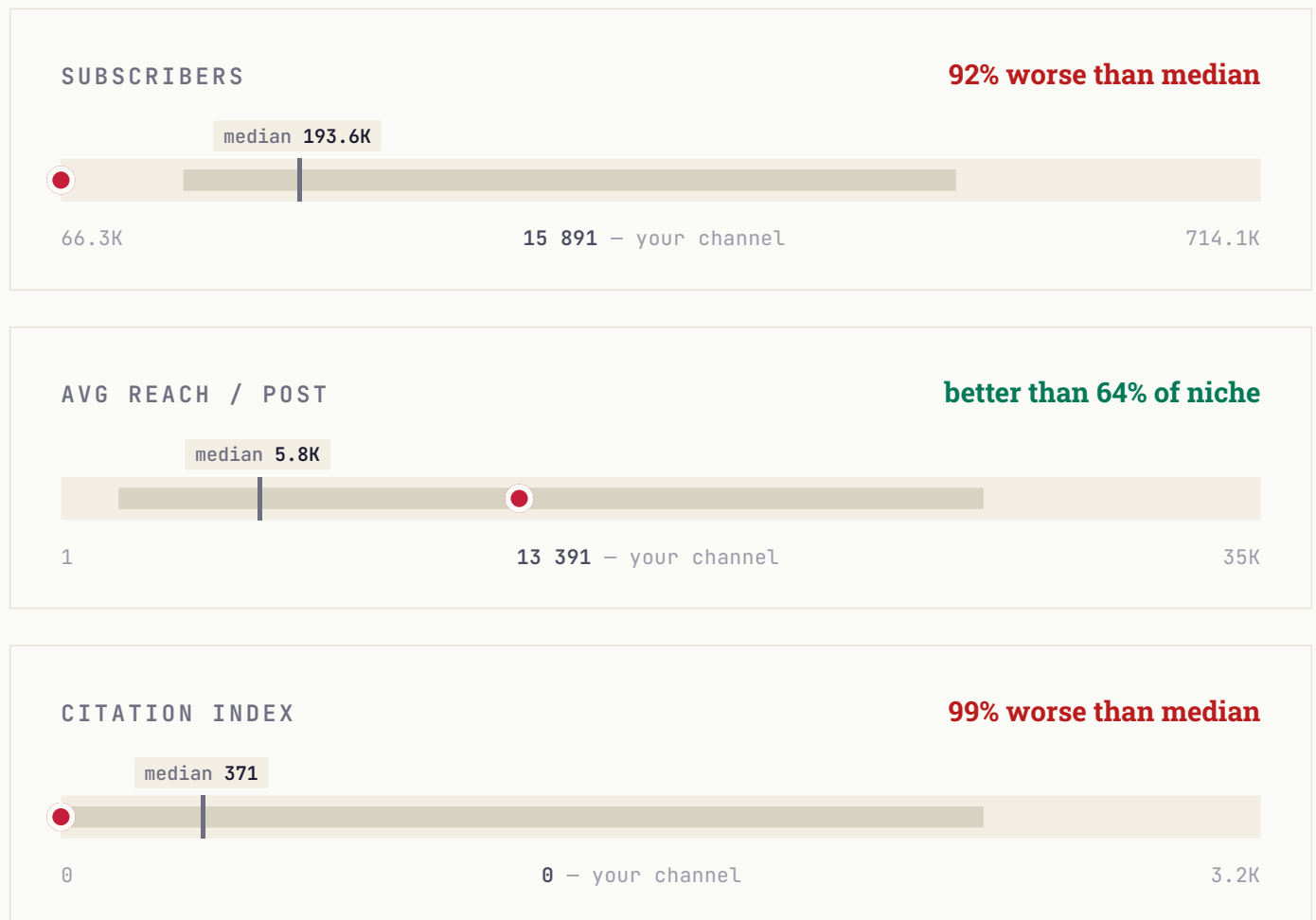
Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **0**, they brought **32 206** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	0	0	886
Dec 2025	0	0	487
Nov 2025	0	0	5 800
Oct 2025	0	0	1 793
September 2025	0	0	10 843
August 2025	0	0	12 397
TOTAL MENTIONS			0
MONTHS OF DATA			6
ATTRACTED SUBSCRIBERS			32 206

SECTION 07 • NICHE COMPARISON

Where channel ranks in its league

Top-**100** channels in category «**Sales**» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.



— SECTION 08 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off & revisit in a month.

- | | | |
|-----------|--|--|
| 01 | Main post of the week — on Tuesday
Audience most active on this day at 08:00 MSK. | EFFECT
Best window
for an
important post |
| 02 | Systematic traffic buying
Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromtPress picks sources for your niche. | EFFECT
+1000-3000
subs |
| 03 | Test polls & 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 |
| 04 | 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 |
| 05 | Update channel description for Telegram search
Telegram search scans descriptions. Add 3-5 niche keywords — it's a source of organic traffic. | EFFECT
Organic traffic
source |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using 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>

02 **Contact manager** t.me/PromptPress_manager
