

PUBLIC REPORT BY PROMTPRESS

Channel audit

KETO, LCHF, CARNIVORE DIETS



@ketotg

Keto, lchf, carnivore recipes, learning, cooking, desserts, life Buy ads
<https://telega.in/c/ketotg> or @Fugue_bot

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
103 067	5.0%	4.5K
+190 per month 25.06.2026	per day 1.6%	ad reach 1.7K/24h HTTPS://PROMTPRESS.COM/AUDIT/KETOTG

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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 103 067 —	 SUBSCRIBER REACH 4.32% avg % subs see post	 VIEWS/POST 4.5K median 4.8K · 29 days	 POSTS/WEEK 19.8 over period
 7D TREND +6.7% vs previous week	 REACTIONS/POST 14.9 total 1,240 reactions, 1,818 reposts, 21 comments	 POST LENGTH 579 chars median 554 · 29 days	 POSTS ANALYZED 83 29 days
 AD REACH 1.7K 24h avg	 CHURN / MONTH +190 last month	 QUOTE RATE 243 citation index · 2,123 channels mentioned ever	 CHANNEL AGE 6 years 10 months created 18.08.2019

AI EDITOR SUMMARY

Channel «KETO, LCHF, CARNIVORE DIETS» – 103 067 subs. Each post averages 4.5K people (4% subs), reach is low – consider growing audience. Publishes 20 posts per week (~3/day) – consistent schedule. Week 8–14 June reach up +6.7% vs week 1–7 June – positive trend.

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 SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **83** posts over 29 days.
- 02 Dominant format — **Photo** (67/83 posts).
- 03 Avg post length — **579** chars (median 554).
- 04 Audience peak activity — **Wednesday**, 10:00 MSK.
- 05 Top posts get **4x** more views than the weakest (7.7K avg top vs 2K worst) — among 83 posts in 29 days. Analyze what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 10.06 · 07:33 TEXT Giveaway of our new product! ☑ Summer keto menu guide ☑ You asked - we gathered it all in one place. Keto Lite – mindful...	VIEWS 12 279 REACTIONS 10 REP. 12 ER 11.9%
Nº2 29.05 · 15:33 PHOTO Sometimes keto gets complicated only because we try to overcomplicate it In reality, the basic diet can be very simple: eggs...	VIEWS 5 503 REACTIONS 43 REP. 77 ER 5.3%
Nº3 05.06 · 15:32 PHOTO ✱ Dear subscribers! In the summer intensive, we pay a lot of attention to participants, but we don't forget about you either ♥ So we want to share...	VIEWS 5 255 REACTIONS 21 REP. 9 ER 5.1%

Nº4 11.06 · 15:33 PHOTO Spaghetti with shrimp in cream sauce #lunch #dinner Ingredients: 🍆 Zucchini – 150 g 🍤 Peeled shrimp – 120 g 🍷 Heavy cream 33% – 50 ml 🍷...	VIEWS 5 248 REP. 45	REACTIONS 21 ER 5.1%
Nº5 31.05 · 15:35 VIDEO When life hits you hard – it just pulls itself up. Australian police officer Jade Henderson recovered from injury and...	VIEWS 5 239 REP. 8	REACTIONS 20 ER 5.1%

|

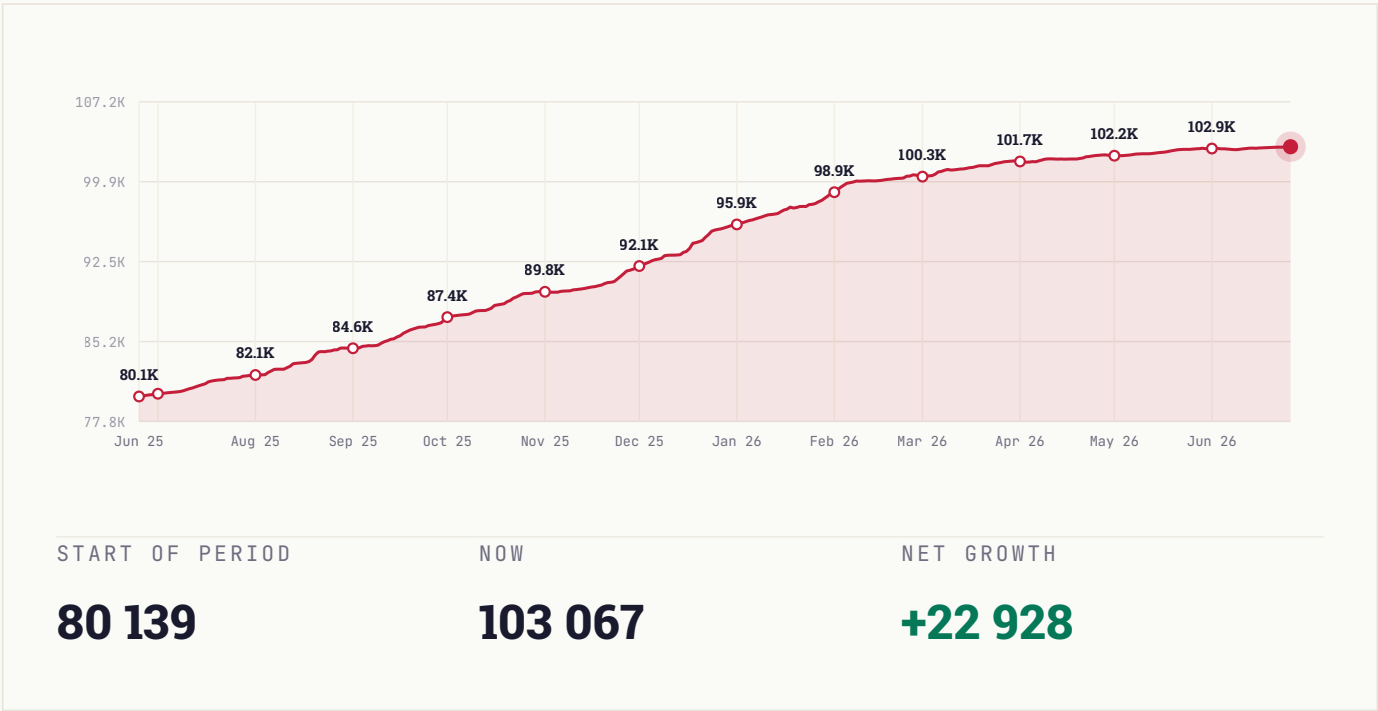
WORST 3

↓ 20.06 · 15:30 VIDEO Stuffed peppers #lunch #dinner KETO MENU 🍷VOTE FOR THE CHANNEL	VIEWS 2 116 REP. 33	REACTIONS 27 ER 2.1%
↓ 20.06 · 06:33 PHOTO Tuna & avocado salad #salads Ingredients: 🍷 arugula or mixed greens – 70–100 g 🍷 canned tuna in olive oil –...	VIEWS 2 083 REP. 33	REACTIONS 19 ER 2.0%
↓ 20.06 · 10:03 PHOTO Want a riddle? 🍷 A dish. Everyone loves, cooks, and eats together, often outside. Usually when it's warm. ✨ Got it? Right! It's...	VIEWS 1 935 REP. —	REACTIONS 8 ER 1.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

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

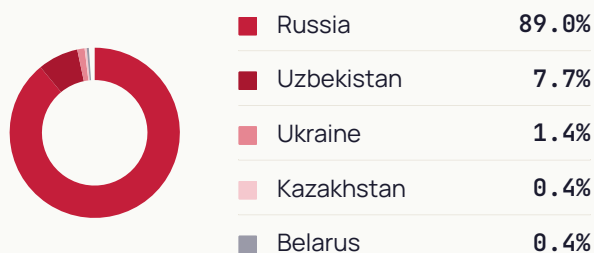


— SECTION 04 • MENTIONS

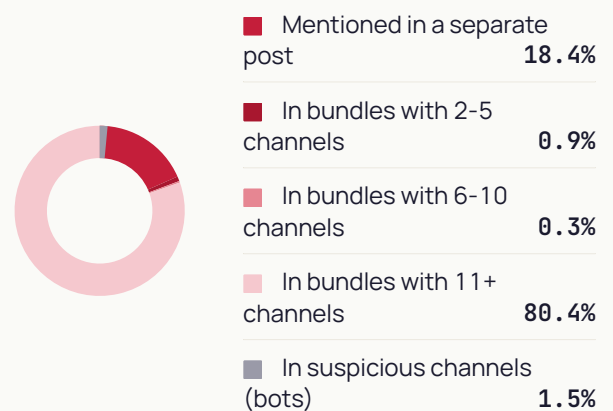
Who mentions the channel and how

Citation index **243** — 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 channel mentioned **2 123** different channels.

COUNTRIES MENTIONING YOU



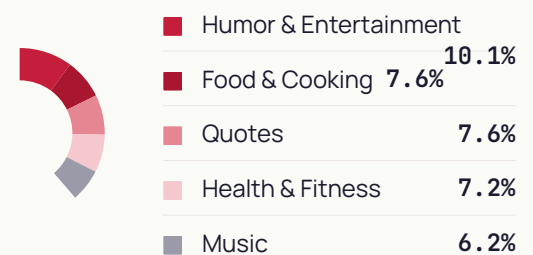
HOW THEY MENTION YOU



WHAT SIZE CHANNELS MENTION



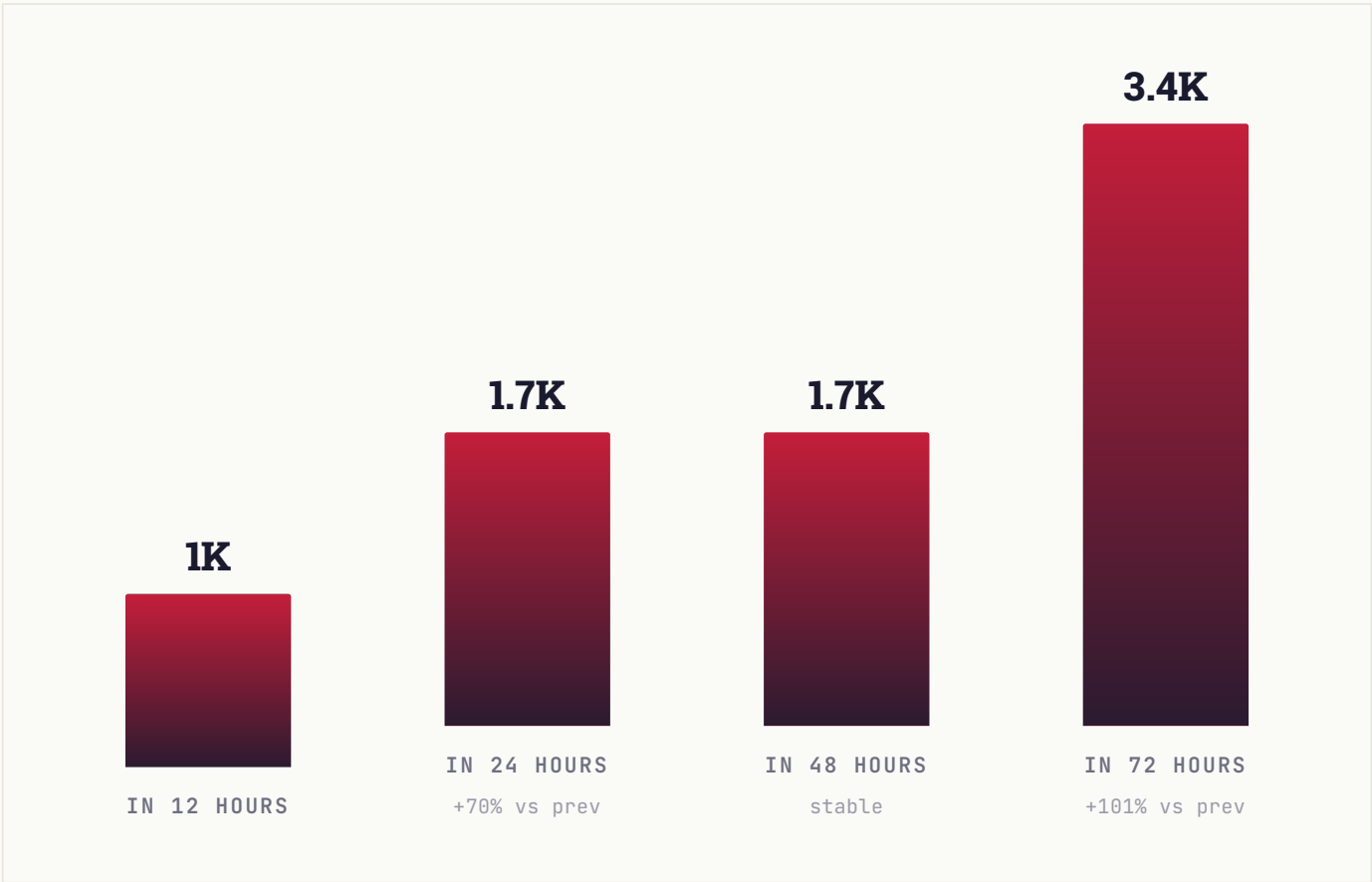
TOPICS WHERE MENTIONED



SECTION 05 · AD POTENTIAL

How long a post generates 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 — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplasty	479.3K
BZ Stay healthy	449.1K
ZE Healthy Food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
KL KETO, LCHF, CARNIVORE DIETS YOU	103.1K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#80 of 96). Niche median — 153.3K subs. First growth KPI — reach median. Leader: Test purchase (772.4K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **112**, they brought **15 657** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	19	18	3 962	
November 2025	17	17	2 208	
October 2025	13	11	2 617	
September 2025	37	18	2 604	
August 2025	11	11	2 503	
July 2025	15	14	1 763	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
112	6	15 657

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range of 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

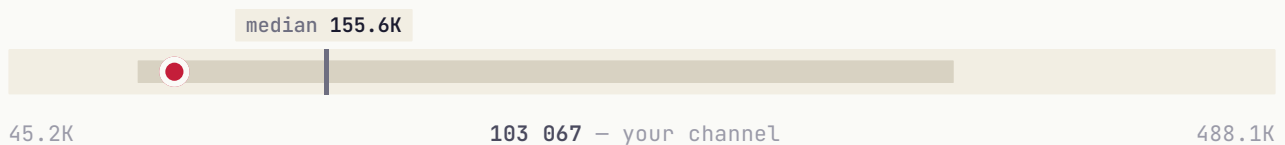
#80 /100

POSITION IN NICHE

Channel in bottom half of ranking

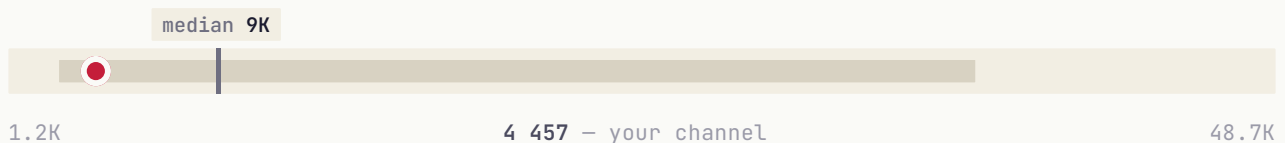
SUBSCRIBERS

worse than median by 34%



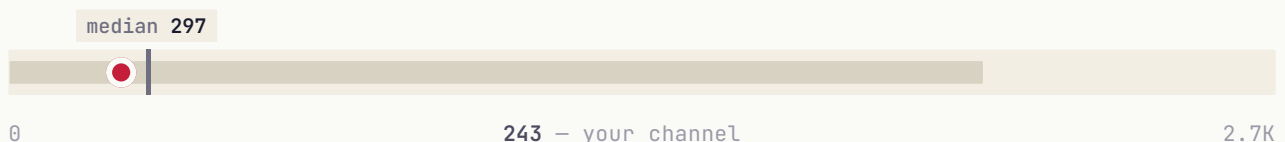
AVG REACH / POST

worse than median by 50%



CITATION INDEX

worse than median by 18%



— 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

Top post of the week — on Wednesday

Audience is most active on this day at 10:00 MSK.

EFFECT

**Best window
for an
important post**

02

Increase video posts share

Video in Telegram holds audience longer and is favored by the algorithm. Aim for 15-25%.

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 4.32% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+2.7pp ER

04

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**

05

Test polls and interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER

★ 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 in Telegram** <https://panel.promptpress.com/register>

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