

— PUBLIC REPORT BY PROMTPRESS

Channel audit

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@koltsov_tut

What to do to be in good shape is known, studied and reproduced millions of times Here's how to start and go through this path without raping your will 🏋️♂️16 years training 🏋️♂️23 years...

SUBSCRIBERS

12 766

ERR (% SEE POSTS)

18.0%

REACH/POST

2.1K

-55 per month

daily 6.1%

ad reach 778/24h

— CONTENTS · 2026

What's inside the report

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 12 766 —	 SUBS REACH 16.15% avg % subs see post	 VIEWS/POST 2.1K median 2.4K · 28 days	 POSTS/WEEK 1.0 over period
 7D TREND — no data for period	 REACTIONS/POST 80.0 320 reactions, 24 reposts, 13 comments	 POST LENGTH 1,000 chars median 1,000 · 28 days	 POSTS ANALYZED 4 28 days
 AD REACH 778 24h avg	 CHURN / MONTH -55 last month	 CITATION RATE 8 citation index · 12 channels mentioned ever	 CHANNEL AGE 6 years 3 months created 22.03.2020

AI EDITOR SUMMARY

Channel «Alexey Koltsov | TRANSFORMER ☺» — 12 766 subs. Each post avg views 2.1K people (16% from subs), avg reach — room to grow. Publishes 1 posts/week (~0/day) — rare.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 4 posts in 28 days.
- 02 Dominant format – Video (3/4 posts).
- 03 Avg post length – 1000 chars (median 1,000).
- 04 Peak audience activity – Wednesday, 17:00 MSK.
- 05 Top posts get 1x more views than weakest (top avg 2.5K vs worst 1.9K) – among 4 posts in 28 days. Analyze common traits: topic, format, timing.

TOP 4 POSTS

Nº1 27.05 · 14:32 VIDEO HOW TO CHOOSE EXERCISES ☒ Yesterday a colleague, who is learning a new discipline (CrossFit), asked a great question: How...	VIEWS 2 600 REPOSTS 5	REACTIONS 73 ER 20.4%
Nº2 03.06 · 14:44 VIDEO COSTLY MISTAKE and FIRST BIKE RACE ☒☒♂☒☒♂☒☒♀ One workout during a cold can cost weeks of regression Should have rested...	VIEWS 2 586 REPOSTS 3	REACTIONS 55 ER 20.3%
Nº3 08.06 · 15:43 VIDEO 55 KM ON FOOT ☒♂ Every year on the first Saturday of June I gather a group of people who want to get to know themselves better Since a random person in...	VIEWS 2 199 REPOSTS 12	REACTIONS 125 ER 17.2%

N⁴ 24.06 · 18:13 PHOTO MAGIC OF SIMPLE ACTIONS ⚡ Regular physical activity ⚡ Eating according to body needs ⚡ Achieved by the two actions above...	VIEWS	REACTIONS
	864	67
	REPOSTS	ER
	4	6.8%

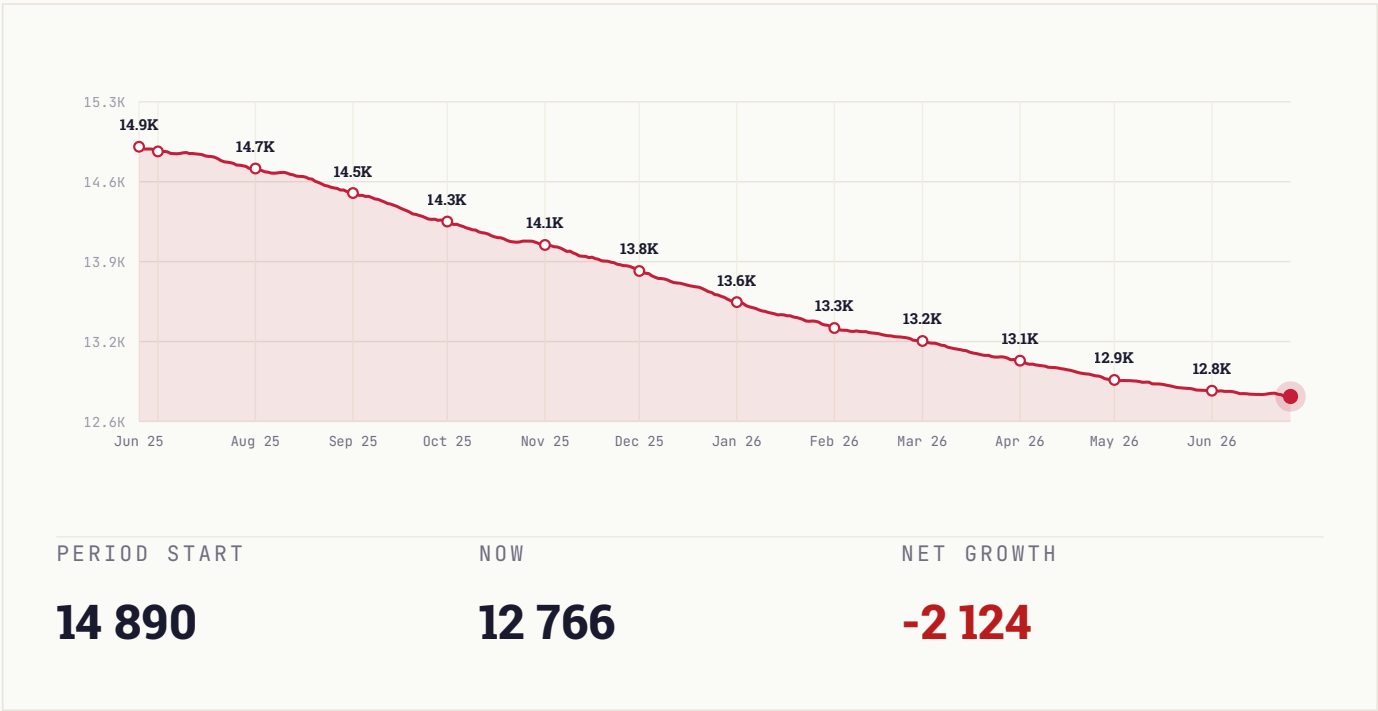
WORST 3

↓ 03.06 · 14:44 VIDEO COSTLY MISTAKE and FIRST BIKE RACE ⚡♂⚡♂⚡♀ One workout during a cold can cost weeks of regression Should have rested...	VIEWS	REACTIONS
	2 586	55
	REPOSTS	ER
	3	20.3%
↓ 08.06 · 15:43 VIDEO 55 KM ON FOOT ⚡♂ Every year on the first Saturday of June I gather a group of people who want to get to know themselves better Since a random person in...	VIEWS	REACTIONS
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	REPOSTS	ER
	4	6.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

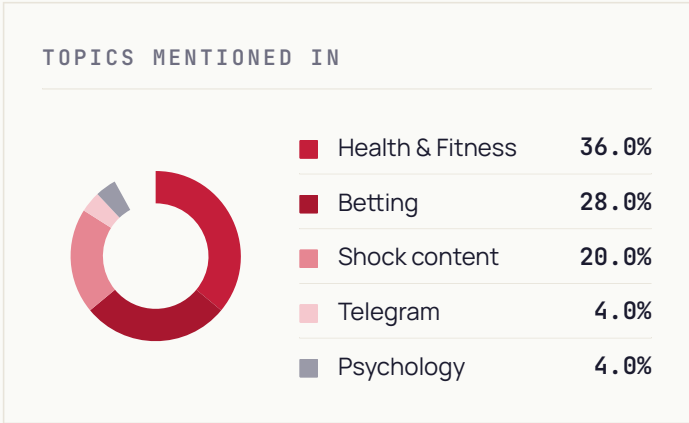
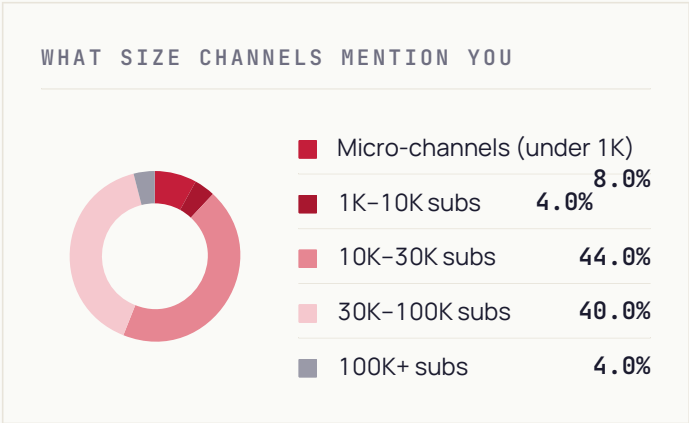
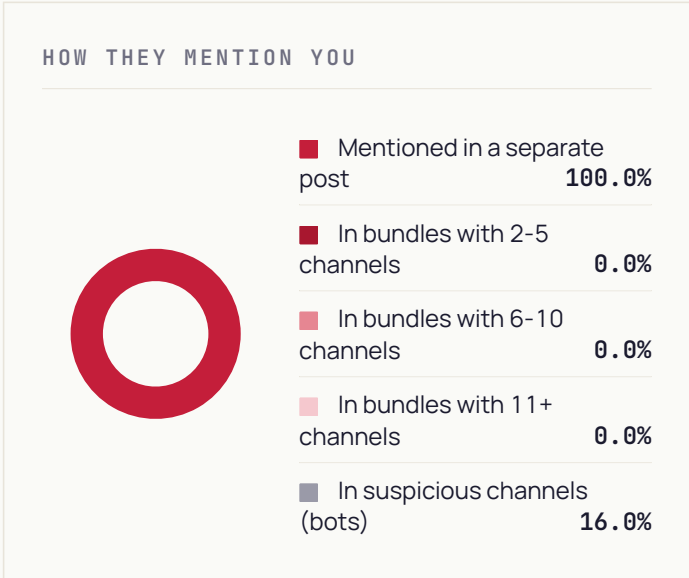
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

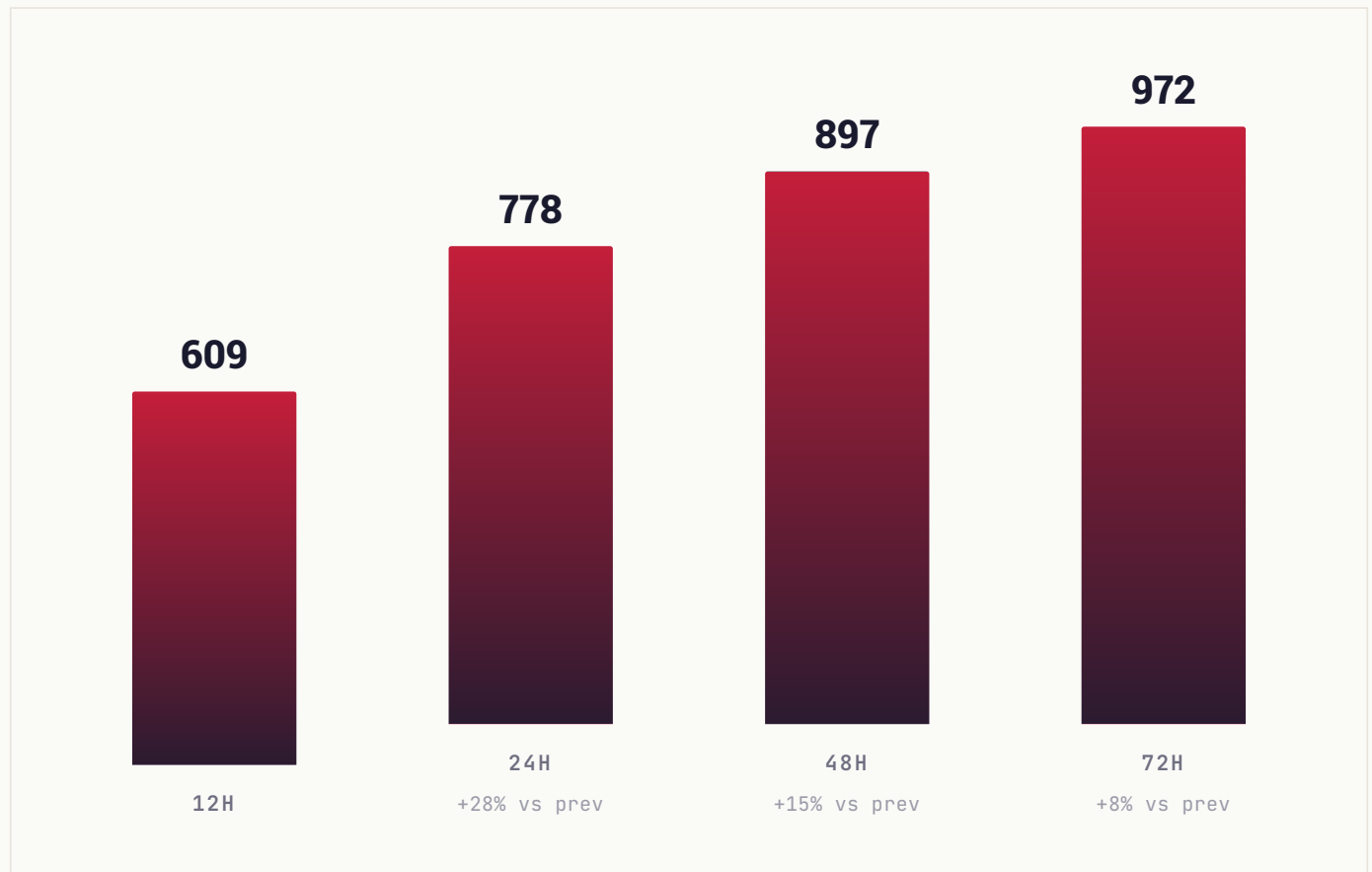
Citation index **8** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioners: a post from a 100K subs channel weighs more than from a 1K one. All-time mentions: **12** different channels.



— SECTION 05 · AD POTENTIAL

How long a post brings 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 place among niche neighbors.

CHANNEL	SUBSCRIBERS
DK Dr. Kosachyova	29.6K
PI powwer.julia integrative health	21.6K
DL Wild Elk	13.2K
AK Алексей Кольцов ТРАНСФОРМАТОР 😊 YOU	12.8K
IY Irina Yablonskaya dietitian	8.9K
TT TYPICAL THINNESS Weight Loss	8.1K
DJX Dolgolive. Women's active longevity	7.3K
ZV Healthcare of Vitebsk Region	3.1K
EY Ekaterina Yakunina 🌟 Movement is Life	2.6K
BE Belaaz	2.1K
SW Sila V Hvate Nikita Yurkovets	2.1K

COMPARATIVE CONCLUSION

Channel in top 10 of niche (#4 of 52). Strong position. Niche leader is Dr. Kosachyova (29.6K), room to grow to #1. With other top-10 channels — mutual cross-promos as equals.

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 **1**, they brought **45** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
December 2025	1	1	0	
November 2025	0	0	7	
October 2025	0	0	11	
September 2025	0	0	5	
August 2025	0	0	7	
July 2025	0	0	15	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
1	6	45

SECTION 08 · NICHE COMPARISON

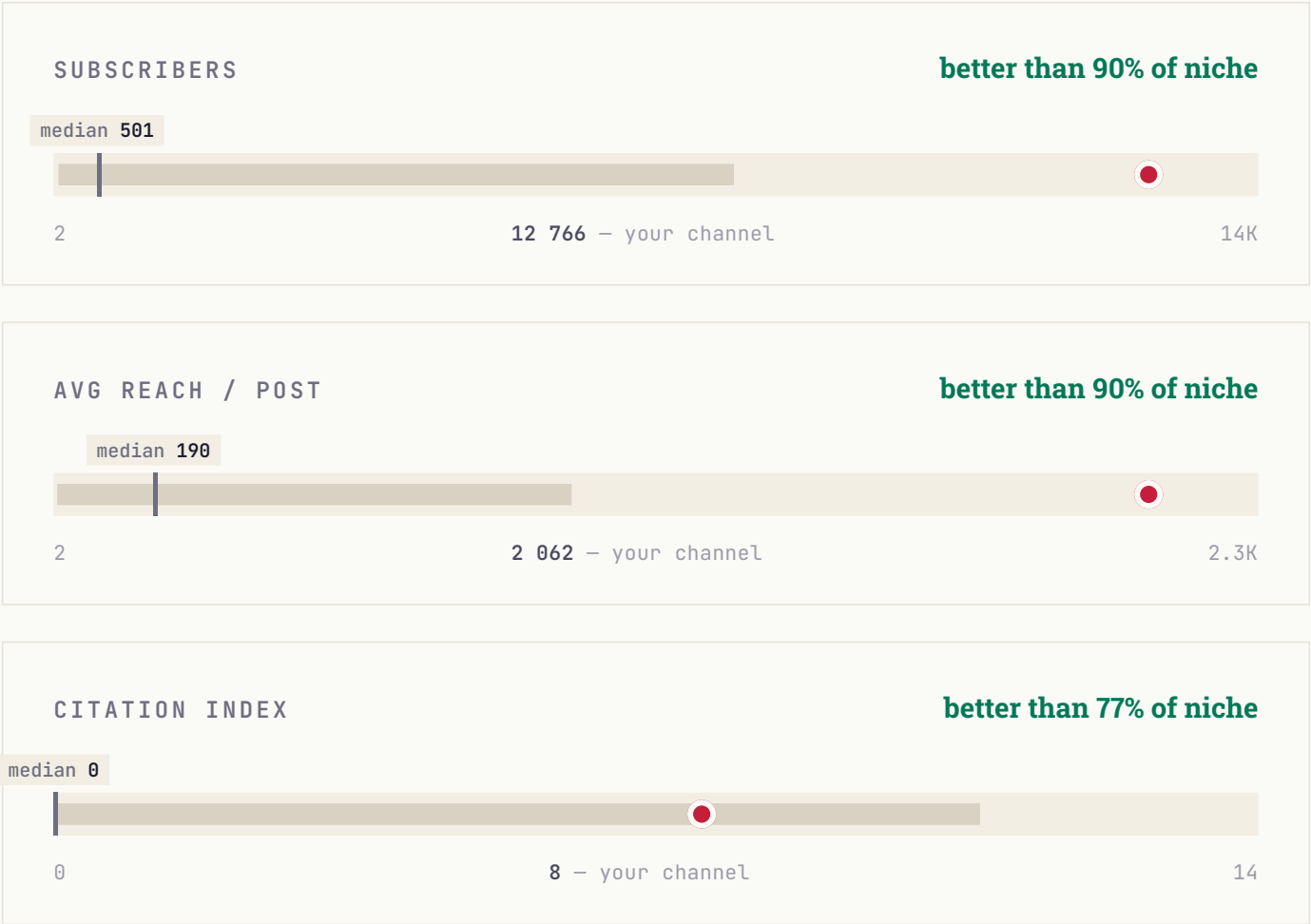
Where channel ranks in its league

Took top-53 channels in category «Health & Fitness» (Belarus) and compared how your channel looks against them. Gray band – range for 80% of niche channels (p10 to p90). Black vertical – median. Red dot – your channel.

#4/53

RANK IN NICHE

Channel in top 7% Health & Fitness Belarus



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off as done and revisit this report in a month.

01

Increase posting frequency

Now 1.0 posts/wk. Active channels norm 7-10.
Consistency is key to audience retention.

EFFECT

Consistency > volume

02

Top post of the week — on Wednesday

Audience is most active on this day at 17:00 MSK.

EFFECT

Best time for important posts

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 give +5-15% to ER.
One poll per week on a hot topic — an easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with similar channels

Swap posts with similar channels quarterly. 2-3 collabs give relevant growth — no need daily.

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 close your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
