

PUBLIC REPORT BY PROMTPRESS

Channel audit

Ksenia Beschetnova.



@kseniya_beschetnova

Club workouts: ♦ Your perfect face ♦ Healthy & functional body
<https://kinezioclub.com/y/bfa0f3a> No. 7159352183

SUBS

73 901

-1112 per month

ERR (% SEE POSTS)

10.0%

per day 4.2%

REACH/POST

7.8K

ad reach 3.1K/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top-5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly chart · growth

04 Ad potential

How long a post brings reach

05 Competitors

Niche neighbors · your spot

06 Mention dynamics

6 months · monthly

07 Niche comparison

Rank in Health & Fitness

08 Strategy

5 priority actions

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.

 SUBS 73 901 —	 SUBSCRIBER REACH 10.58% avg % of subs see post	 VIEWS/POST 7.8K median 8.2K · 24 days	 POSTS/WK 3.9 over period
 7D TREND -11.4% vs previous week	 REACTIONS/POST 342.3 total 4,792 reactions, 822 reposts, 252 comments	 POST LENGTH 853 chars median 1K · 24 days	 POSTS ANALYZED 14 24 days
 AD REACH 3.1K 24h average	 CHURN / MONTH -1112 last month	 CITATION RATE 703 citation index · 489 channels mentioned ever	 CHANNEL AGE 3 years 9 months created 30.09.2022

AI EDITOR SUMMARY

Channel «Ksenia Beschetnova.» — 73 901 subs. Each post averages 7.8K people (11% from subs), reach is low — consider expanding audience. Posts 4 posts per week (~1 per day) — rare publications. For the week of June 29 – July 5, reach dropped by -11.4% by week of Jun 22–28 — worth analyzing reasons.

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 14 posts in 24 days.
- 02 Dominant format – Text (6/14 posts).
- 03 Avg post length – 853 chars (median 1000).
- 04 Peak audience activity – Sunday, 08:00 MSK.
- 05 Top posts get 2× more views than the weakest (9.8K avg for top vs 5.5K for worst) – among 14 posts over 24 days. Worth analyzing what the top has in common – topic, format, timing.

TOP 5 POSTS

Nº1 19.06 · 04:31 TEXT When your neck is tense, the first urge is to stretch it hard. I totally get it. It's completely natural...	VIEWS 10 002 REPOSTS 34	REACTIONS 267 ER 13.5%
Nº2 17.06 · 04:34 PHOTO Do you know how many neck vertebrae a giraffe has? 🦒 Seven. Same as you. And me. And most mammals. That's why the length...	VIEWS 9 904 REPOSTS 26	REACTIONS 299 ER 13.4%
Nº3 22.06 · 04:34 TEXT My eye starts twitching when any of you calls yourself lazy. I have a friend like that. – I'm a lazy ...hole...	VIEWS 9 442 REPOSTS 46	REACTIONS 558 ER 12.8%

Nº4 21.06 · 05:20 PHOTO I'm in a taxi now, headphones playing Magomayev's "Best City on Earth". Made myself a JOY playlist. Share with me, what song do you...	VIEWS 9 240 REPOSTS 25 REACTIONS 243 ER 12.5%
Nº5 15.06 · 04:32 VIDEO Want to make your neck less tense, longer and prettier? Repeat after me 🙌 Release tension and shortening from the upper...	VIEWS 9 215 REPOSTS 153 REACTIONS 348 ER 12.5%

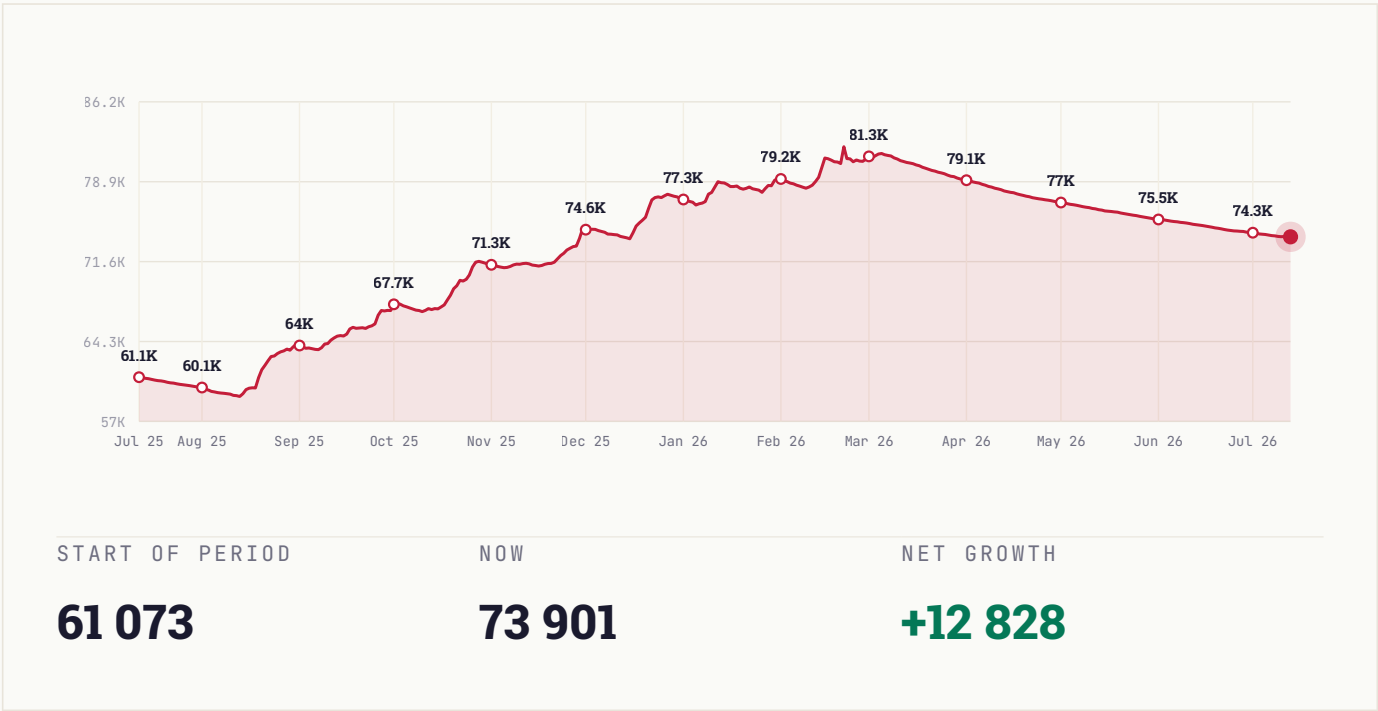
WORST 3

↓ 06.07 · 04:31 PHOTO Everyone has their own beauty secrets. ♥ Some say get enough sleep. Hard to argue? ♥ Some say...	VIEWS 6 216 REPOSTS 8 REACTIONS 148 ER 8.4%
↓ 06.07 · 23:58 VIDEO So, old or not? 😊	VIEWS 5 610 REPOSTS 8 REACTIONS 319 ER 7.6%
↓ 08.07 · 04:32 PHOTO 💬 Body Tune-Ups Recently I shared simple exercises to start caring for your body. If you missed them...	VIEWS 4 693 REPOSTS 20 REACTIONS 539 ER 6.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

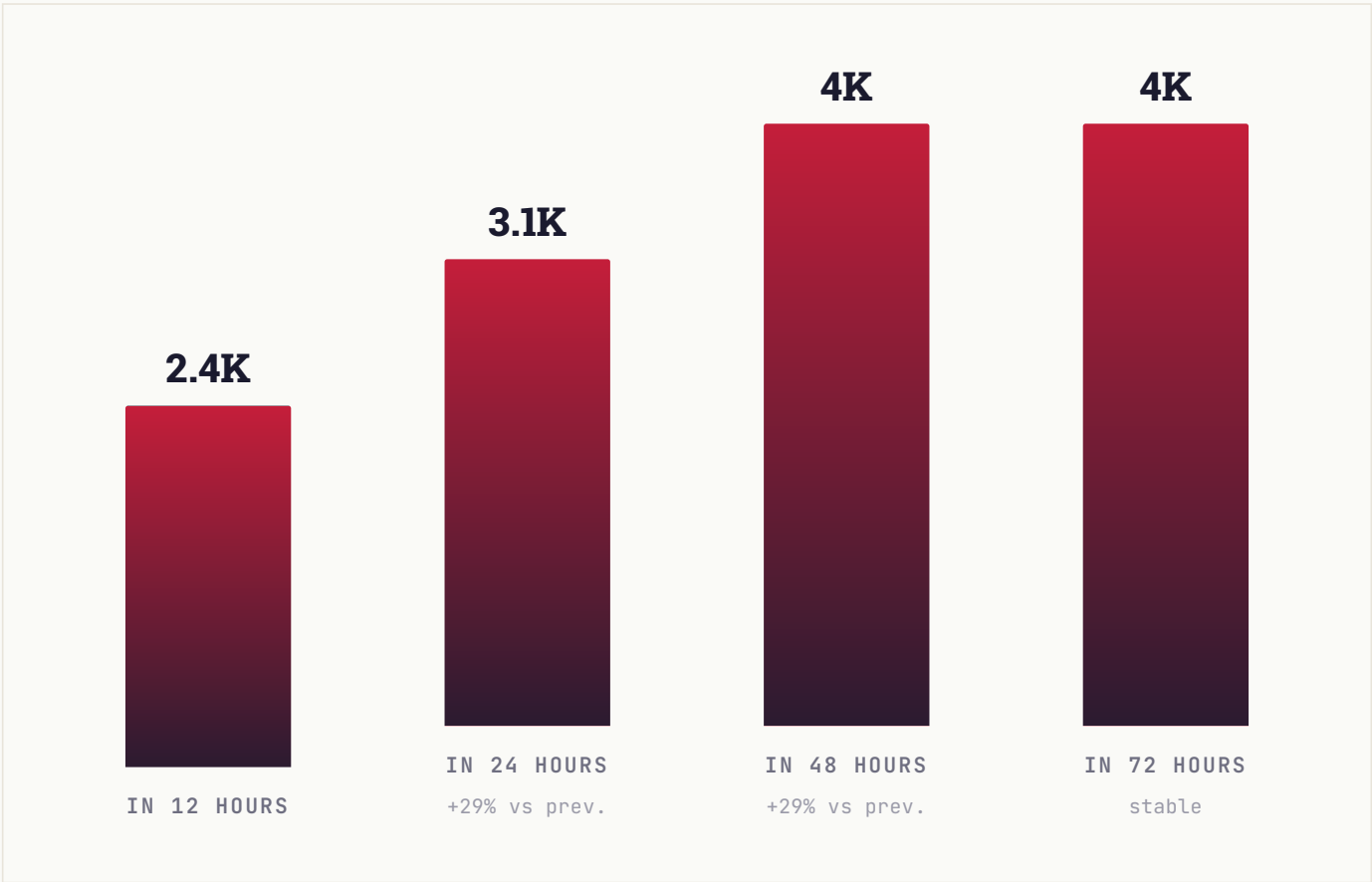
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post brings reach

Avg ad post reach over time since publication. Helps estimate how long a placement stays effective.



SECTION 05 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Highlighted your channel — you can see its rank among niche peers.

CHANNEL	SUBS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
VN Eternity in Tibet	492.3K
NT Our body	480.2K
AU Ales Ulishchenko Osteopath, PhD Face plastic surgery author	476.4K
BZ Be healthy	447.3K
KB Ksenia Beschetnova. YOU	73.9K

COMPARATIVE CONCLUSION

Channel not yet outside top-97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 via systematic traffic & content work.

SECTION 06 · 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 **375**, they brought **25 878** new subs.

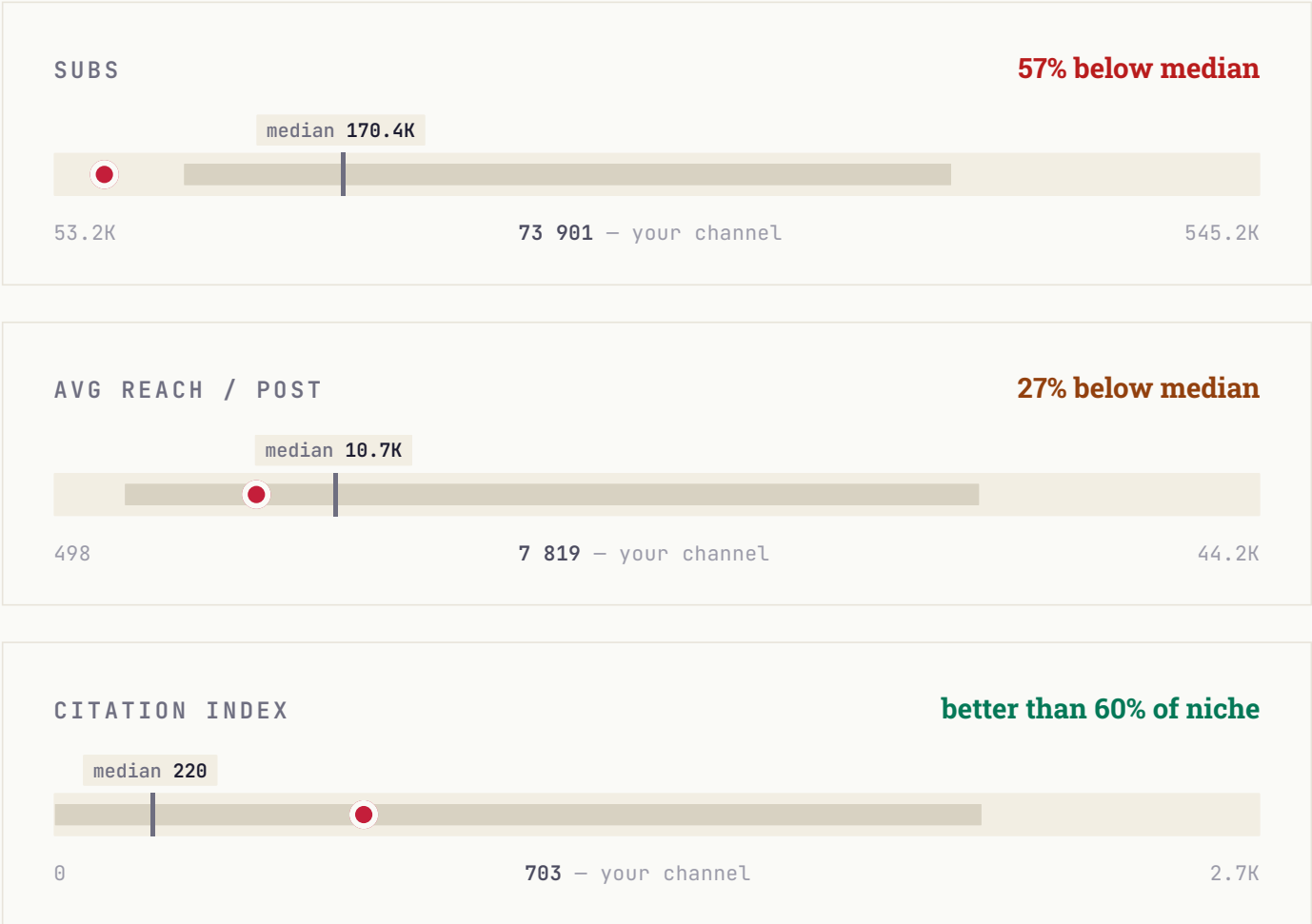
PERIOD	MENTIONS	CHANNELS	GAINED SUBS
Jan 2026	65	65	3 683
December 2025	60	53	4 159
November 2025	72	71	3 871
October 2025	65	61	5 433
September 2025	61	59	3 851
August 2025	52	52	4 881

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
375	6	25 878

SECTION 07 · NICHE COMPARISON

Where channel stands in its league

Took top-100 channels in category «Health & Fitness» (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 08 · STRATEGY

What to do right now

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

- | | | |
|----|---|--|
| 01 | Increase post frequency
Now 3.9 posts/wk. Active channels do 7-10.
Consistency is key to retention. | EFFECT
Consistency
beats volume |
| 02 | Top post of the week — Sunday
Audience most active on this day at 08:00 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 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 poll per week on a hot topic — easy growth lever. | EFFECT
+5-15% ER |
| 05 | Cross-promo with neighboring channels
Exchange 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 hit your growth plan in a month.

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

02 Contact manager t.me/PromptPress_manager
