

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Afinskaya



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👩 Dr. Elizaveta Afinskaya 🎓 Doctor of Clinical Nutrition, Master of Science in Human Nutrition (USA) ✨ Over 23,000 women from 68 countries became slim without hunger and noticeably cleared...

SUBSCRIBERS

71 616

-10 per month

ERR (% SEE POSTS)

17.0%

daily 7.3%

REACH/POST

12.2K

ad reach 5.2K/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 71 616 —	 SUBS REACH 16.99% avg % of subs see post	 VIEWS/POST 12.2K median 12.6K · 25 days	 POSTS/WEEK 3.2 for period
 7D TREND -21.8% vs prev week	 REACTIONS/POST 476.5 only 5,718 reactions, 944 reposts, 388 comments	 POST LENGTH 842 chars median 1,000 · 25 days	 POSTS ANALYZED 12 25 days
 AD REACH 5.2K 24h avg	 CHURN / MONTH -10 last month	 CITATION RATE 220 citation index · 309 channels mentioned ever	 CHANNEL AGE 5 years 20 days created 18.06.2021

AI EDITOR SUMMARY

Channel «Doctor Afinskaya» — 71 616 subs. Each post averages 12.2K people (17% of subs), this is average reach — room to grow. Publishes 3 posts per week (~0/day) — rare publications. For week Jun 22–28, reach dropped -21.8% to week Jun 15–21 — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers – to see what to repeat & what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 12 posts over 25 days.
- 02 Dominant format – Photo (9/12 posts).
- 03 Avg post length – 842 chars (median 1,000).
- 04 Peak audience activity – Thu, 18:00 MSK.
- 05 Top posts get 2x more views than the weakest (17.8K avg top vs 8.4K worst) – among 12 posts over 25 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 11.06 · 15:02 PHOTO Cholesterol dropped, cardiologist halved statin dose Valentina completed my Summer and Winter reFresh programs, then Harmonious...	VIEWS 18 769 REP. 92	REACTIONS 963 ER 26.2%
Nº2 16.06 · 14:52 PHOTO ☀️4 mistakes that accelerate aging in summer Well, today is your favorite rubric about factors that accelerate aging🔥 Below I put many...	VIEWS 18 158 REP. 40	REACTIONS 785 ER 25.4%
Nº3 19.06 · 15:11 PHOTO Best foods for the brain Eat more greens, berries, and nuts. Dark chocolate too🔥 I talked about the...	VIEWS 16 461 REP. 191	REACTIONS 567 ER 23.0%

Nº4 16.06 · 14:51 TEXT Top posts for new subs ❤️ Myths Soaking nuts is useless Baking soda cleans fruits and veggies from...	VIEWS 14 646 REP. 92	REACTIONS 152 ER 20.5%
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Nº5 26.06 · 14:29 PHOTO 🍫Cocoa boosts skin protection from photoaging?! In addition to sunscreen and a hat, you can support FROM WITHIN the protection of your...	VIEWS 13 399 REP. 125	REACTIONS 619 ER 18.7%
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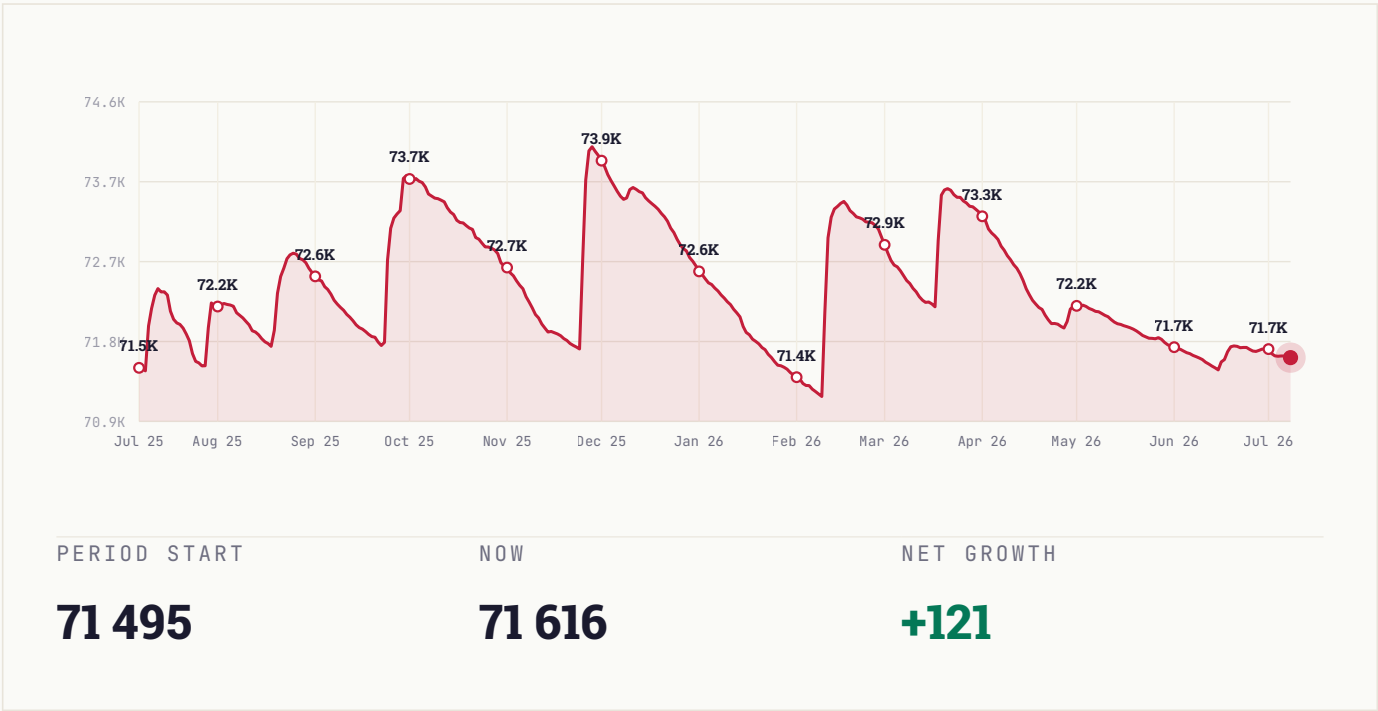
WORST 3

↓ 02.07 · 07:00 TEXT Join my free marathon MoreVitamins 🎉🎉 Take the first step to slimness, clearer skin...	VIEWS 8 509 REP. 43	REACTIONS 174 ER 11.9%
↓ 03.07 · 09:46 PHOTO Best foods for a healthy gut Over 90% of people lack fiber. So...	VIEWS 8 497 REP. 156	REACTIONS 525 ER 11.9%
↓ 02.07 · 14:24 PHOTO Results after my free marathon MoreVitamins Read reviews: brighter skin, better gut, less...	VIEWS 8 281 REP. 3	REACTIONS 110 ER 11.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

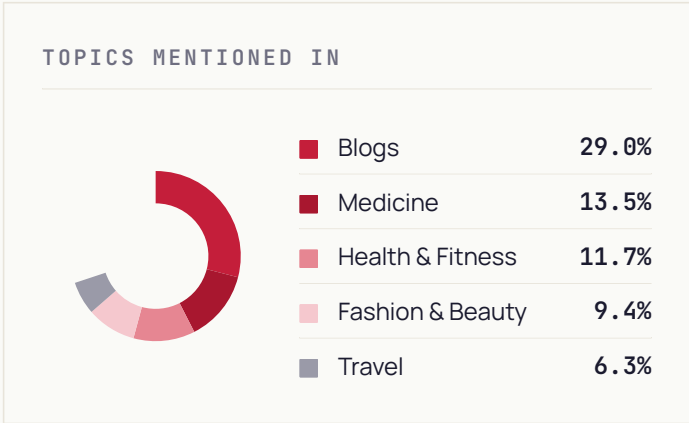
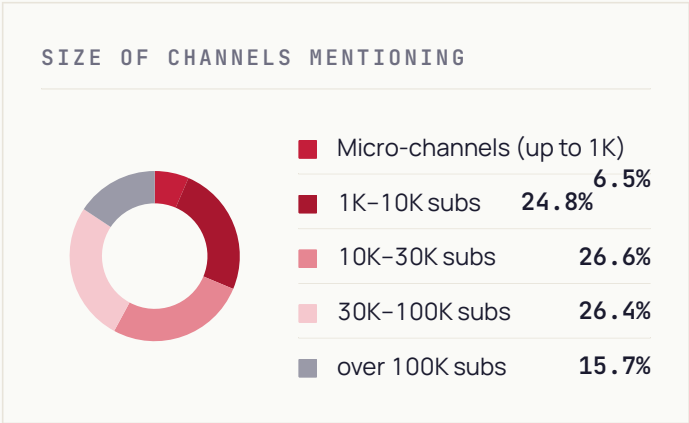
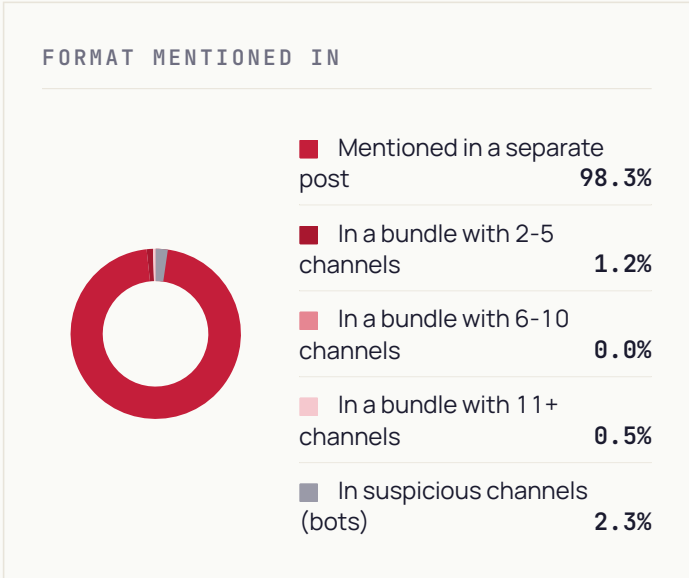
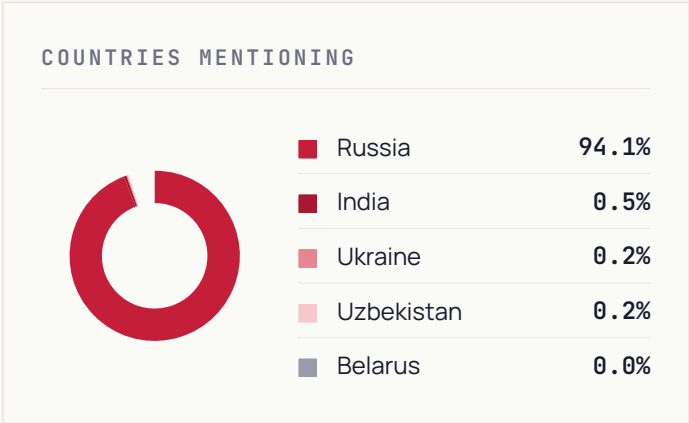
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

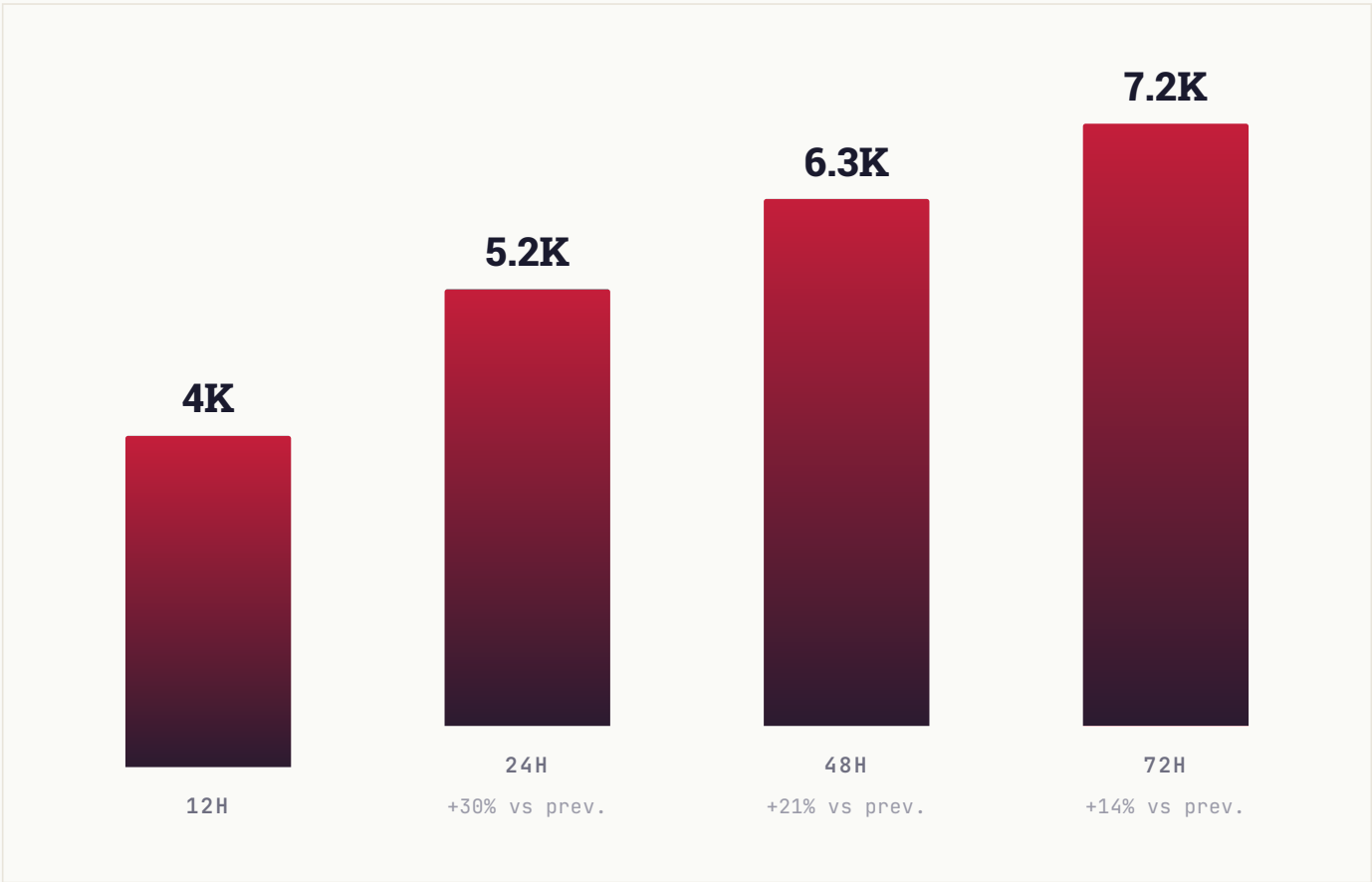
Citation index **220** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **309** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 Nearby channels by topic & audience. Your channel is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test Purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our Body	480.9K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
YES Doctor Afinskaya YOU	71.6K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Test Purchase (766.3K), top-97 median: 154.7K. First goal: enter top-97 through systematic traffic and content work.

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Each month we track posts in other channels that mention your channel. Over the last **6 months** such mentions were **29**, they brought **5 687** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	0	0	0
December 2025	6	5	140
Nov 2025	10	9	2 388
Oct 2025	1	1	24
September 2025	6	6	2 004
August 2025	6	5	1 131

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBS
29	6	5 687

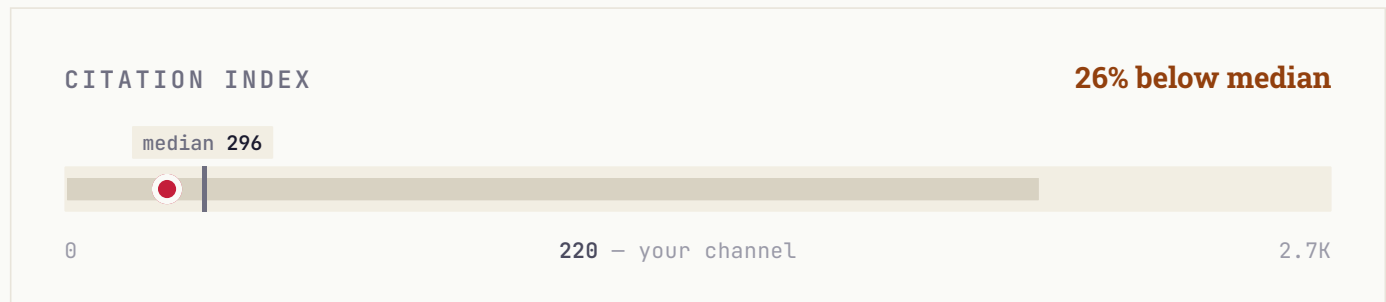
Where the channel stands in its league

SUBSCRIBERS

worse than median by 54%

A horizontal bar chart comparing a channel's subscriber count to a median. The median is 155.2K, represented by a vertical line. The channel's count is 71,616, marked by a red dot on the left. The bar is divided into two segments: a darker grey segment from the median to the channel's count, and a lighter grey segment from the channel's count to the left edge. The total length of the bar represents the range from the channel's count to the maximum value of 496.4K.

Metric	Value
Median	155.2K
Channel Count	71 616
Channel Count Difference	-54% (worse than median)
Minimum Value	42.7K
Maximum Value	496.4K



— SECTION 09 · STRATEGY

What to do right now

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

- | | | |
|-----------|--|--|
| 01 | Increase posting frequency
Now 3.2 posts/wk. Active channels do 7-10.
Consistency is key to retention. | EFFECT
Consistency
beats volume |
| 02 | Main post of the week — on Thursday
Audience is most active on this day at 18:00 MSK. | EFFECT
Best time for
an important
post |
| 03 | Increase video posts share
Video in Telegram retains audience longer and is
favored by the algorithm. Aim for 15-25% share. | EFFECT
Video retains
audience
better |
| 04 | 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 |
| 05 | Test polls & interactive formats
Posts with polls/reactions usually boost ER by 5-15%.
One weekly poll on a hot topic is an easy growth point. | EFFECT
+5-15% ER |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. To go further — run ads through us and hit your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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