

PROMTPRESS PUBLIC REPORT

Channel audit

Liza Zueva | wellness diva



@liza_zu_tg

Try my workouts [↓ https://telegram.me/diva_club_bot?start=49885431](https://telegram.me/diva_club_bot?start=49885431) [❤️](#) Contact: @lizazu_zabota

SUBSCRIBERS

11 098

-91 per month

ERR (% SEE POSTS)

16.0%

in 24 hrs 6.6%

REACH/POST

1.9K

ad reach 734/24h

— CONTENT · 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 Citation rate

Who mentions the channel and how

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Instagram» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 11 098 —	 SUBS REACH 16.76% avg % subs see post	 VIEWS/POST 1.9K median 1.8K · 28 days	 POSTS/WK 4.4 over period
 7D TREND — no data for period	 REACTIONS/POST 46.1 only 829 reactions, 112 reposts, 14 comments	 POST LENGTH 464 chars median 468 · 28 days	 POSTS ANALYZED 18 28 days
 AD REACH 734 24h avg	 CHURN / MONTH -91 last month	 CITATION RATE 26 citation index · 73 channels mentioned ever	 CHANNEL AGE 6 years 8 days created 10.07.2020

AI EDITOR SUMMARY

Channel «Liza Zueva | wellness diva» – 11 098 subs. Each post averages 1.9K people (17% of subs), average reach – room to grow. Posts 4 posts/week (~1/day) – rare posts.

SECTION 02 · CONTENT ANALYSIS

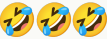
What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **18** posts in 28 days.
- 02 Dominant format — **Photo** (8/18 posts).
- 03 Avg post length — **464** chars (median 468).
- 04 Peak audience activity — **Wed**, 22:00 MSK.
- 05 Top posts get **2x** more views than the weakest (2.4K avg for top vs 1.4K for worst) — among 18 posts over 28 days. Worth analyzing what the top has in common — topic, format, timing.

TOP 5 POSTS

Nº1 24.06 · 19:18 PHOTO I compared bank analytics on grocery purchases now vs 2.5 years ago. back then we spent about 25K a month...	VIEWS 2 612 REPOSTS 10	REACTIONS 63 ER 23.5%
Nº2 22.06 · 11:08 VIDEO Daughter went to the dacha on weekends, we worked hard, shot content, held several strategic...	VIEWS 2 483 REPOSTS 5	REACTIONS 75 ER 22.4%
Nº3 20.06 · 08:54 TEXT that awkward feeling when you come to print a Lamborghini photo on a vision board ... that's me and my dreams Mr. Master 	VIEWS 2 248 REPOSTS 1	REACTIONS 59 ER 20.3%

Nº4 19.06 · 15:53 VIDEO first Latin lesson! leveling up your inner artist. ONLY UNTIL, girls. why this direction? convenient section near home 👁👁 *in...	VIEWS 2 222 REPOSTS 4	REACTIONS 60 ER 20.0%
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Nº5 20.06 · 08:54 VIDEO (post without caption – video)	VIEWS 2 209 REPOSTS 1	REACTIONS 16 ER 19.9%
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WORST 3

↓ 07.07 · 12:54 VIDEO (post without caption – video)	VIEWS 1 486 REPOSTS 4	REACTIONS 28 ER 13.4%
↓ 07.07 · 12:54 TEXT Today talked about studying in the US 🇺🇸 and about calling ;) if you doubt «am I doing the right thing» – definitely...	VIEWS 1 382 REPOSTS 1	REACTIONS 32 ER 12.5%
↓ 07.07 · 12:53 VIDEO (post without caption – video)	VIEWS 1 347 REPOSTS 2	REACTIONS 24 ER 12.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

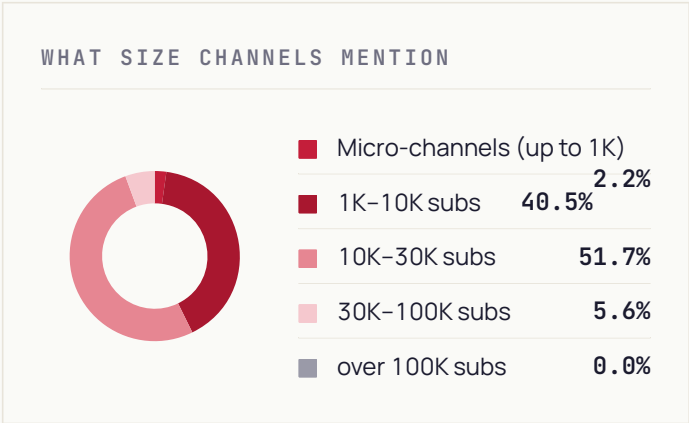
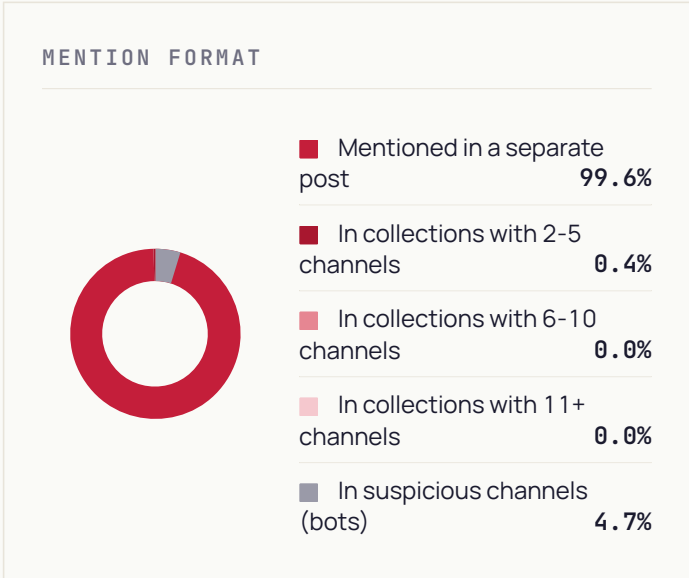
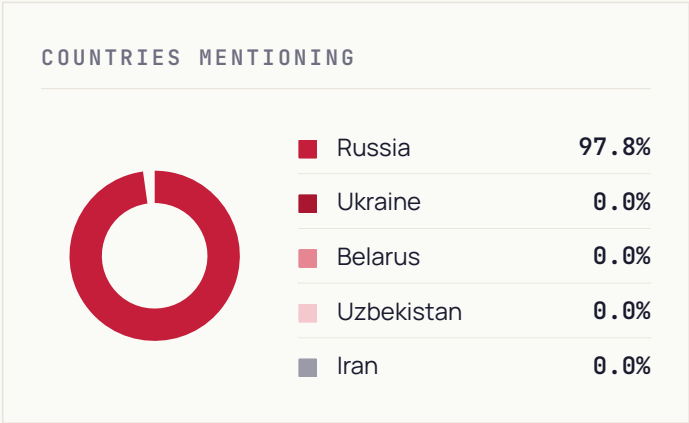
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel grew and which it lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

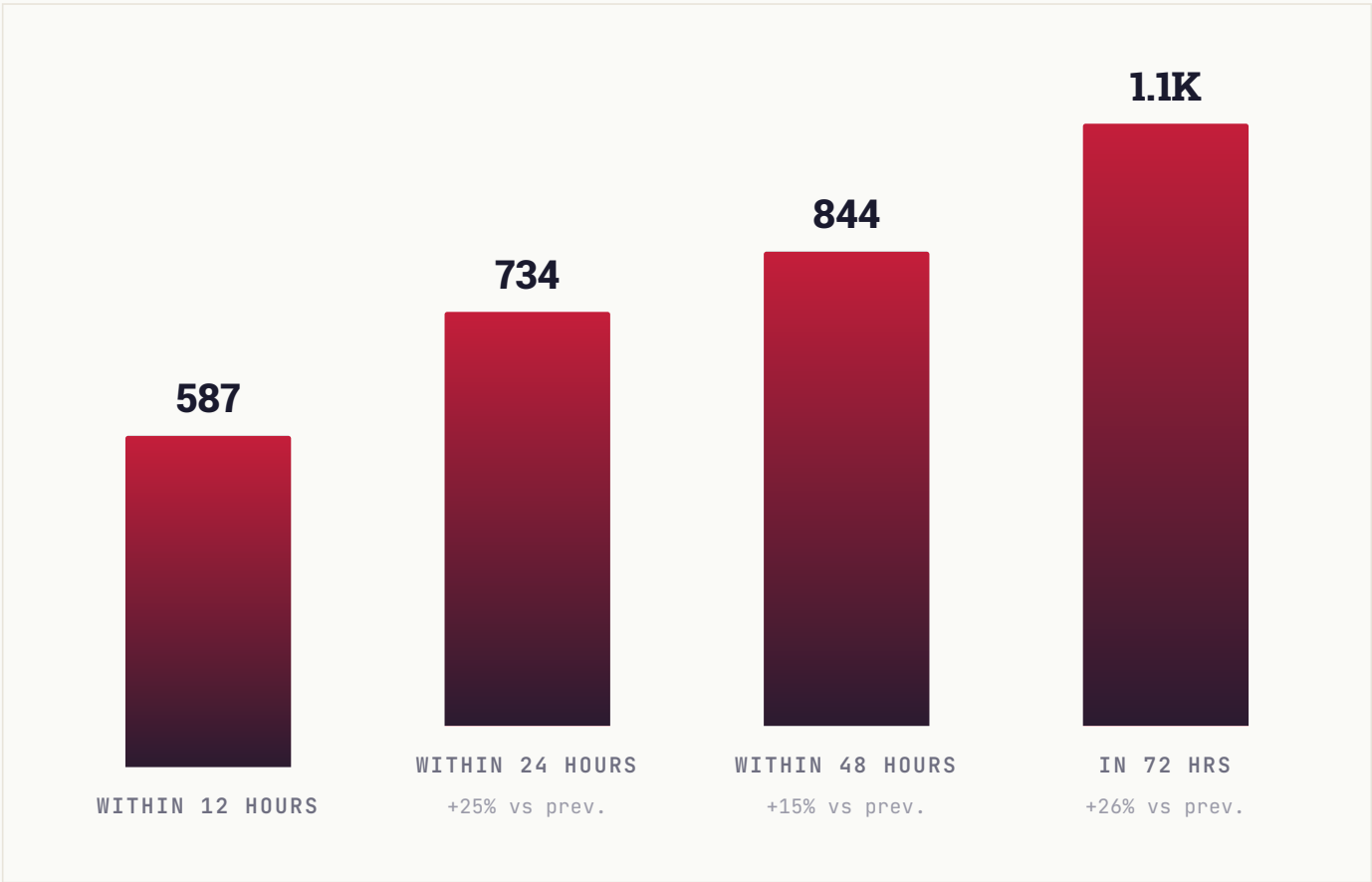
Citation index **26** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **73** different channels.



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 stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
اا استوری اینستاگرام	437.9K
آم آهنگ موزیک جدید شاد	356.8K
رد ربات دانلود استوری و پست از اینستاگرام	209.7K
Tue VIDEOS FOR STORIES	136.7K
ShC Cap Cut Templates Kap Kut	130.6K
P• piaceim • presets & blogging	126.4K
نپ NESA PIRUZIFARD انسا پیروزی فرد	123.7K
آآ ĀAKLAB	115.2K
ShC CAPCUT TEMPLATES KAPKUT KUT	113K
CP PNG STICKERS FOR STORIES	110.6K
LZ Liza Zueva wellness diva YOU	11.1K

COMPARATIVE INSIGHT

Channel not yet outside niche top 99 — early growth stage. Niche leader — استوری اینستاگرام (437.9K), top-99 median: 32.9K. First goal: enter top-99 through systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

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 **2**, they brought **2 607** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	0	0	234
December 2025	0	0	1 101
November 2025	2	2	533
Oct 2025	0	0	416
Sep 2025	0	0	252
August 2025	0	0	71

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
2	6	2 607

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

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



— SECTION 09 · STRATEGY

What to do right now

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

01**Increase posting frequency**

Now 4.4 posts/wk. Active channels do 7-10.
Consistency is key to retention.

EFFECT

Consistency > volume**02****Top post of the week — on Wednesday**

Audience is most active on this day and at 22:00 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**

Swap posts with same-segment channels quarterly. No need daily — 2-3 collabs give relevant growth.

EFFECT

Growth from relevant audience

★ 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 with us and hit your growth plan in a month.

01

Launch Telegram ads

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager