

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Stretching with Mari



@mari_stretching

Free stretching & pilates for health ✨ Trainer with medical degree



Channel navigation in pinned post



YouTube Mari Stretching

Contact: maristretching@mail.ru

SUBSCRIBERS

62 762

+244 per month

ERR (% SEE POSTS)

23.0%

per day 11.6%

REACH/POST

14.5K

ad reach 7.3K/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 62 762 —	SUBS REACH 23.16% avg % of subs see post	VIEWS/POST 14.5K median 14.4K · 28 days	POSTS/WEEK 7.2 over period
7D TREND -26.2% vs previous week	REACTIONS/POST 412.3 total 11,958 reactions, 1,682 reposts, 279 comments	POST LENGTH 641 chars. median 805 · 28 days	POSTS ANALYZED 29 28 days
AD REACH 7.3K 24h average	CHURN / MONTH +244 last month	CITATION RATE 13 citation index · 197 channels mentioned ever	CHANNEL AGE 4 years 4 months created 17.02.2022

AI EDITOR SUMMARY

Channel «Stretching with Mari» — 62 762 subs. Each post is viewed on average by 14.5K people (23% from subs), this is average reach — room to grow. Publishes 7 posts per week (~1 per day) — regular schedule. For the week of June 22–28, reach dropped by -26.2% by week of June 15–21 — worth analyzing the 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 SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 29 posts over 28 days.
- 02 Dominant format — Photo (18/29 posts).
- 03 Avg post length — 641 chars (median 805).
- 04 Peak audience activity — Monday, 07:00 MSK.
- 05 Top posts get 2× more views than the weakest (19.4K avg for top vs 9.4K for worst) — among 29 posts in 28 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 15.06 · 04:37 PHOTO Weekly morning workout picks💕💛Mon lymphatic drainage (15 min)💙Tue for a great wake-up (11 min)💕Wed strength...	VIEWS 19 802 REPOSTS 593	REACTIONS 486 ER 31.6%
Nº2 16.06 · 14:13 VIDEO finally a very cozy home day😊💛 today just at home! not going anywhere, not solving any important issues, not going to shoot, not...	VIEWS 19 226 REPOSTS 3	REACTIONS 735 ER 30.6%
Nº3 12.06 · 14:50 PHOTO Summer little things that make the day a bit more comfortable🌞 In summer you especially want to feel light, comfortable and calm. And sometimes for...	VIEWS 19 137 REPOSTS 7	REACTIONS 448 ER 30.5%

Nº4 19.06 • 09:38 PHOTO Cozy weekend tips ☁️ Let the upcoming weekend be not about «must», but about «may» You may slow down. You may take your time. You may...	VIEWS 18 332 REACTIONS 500 REPOSTS 45 ER 29.2%
Nº5 15.06 • 05:39 TEXT while ordering groceries, I got into my seasonal fruit and veg table💕 handy😊	VIEWS 18 151 REACTIONS 243 REPOSTS 1 ER 28.9%

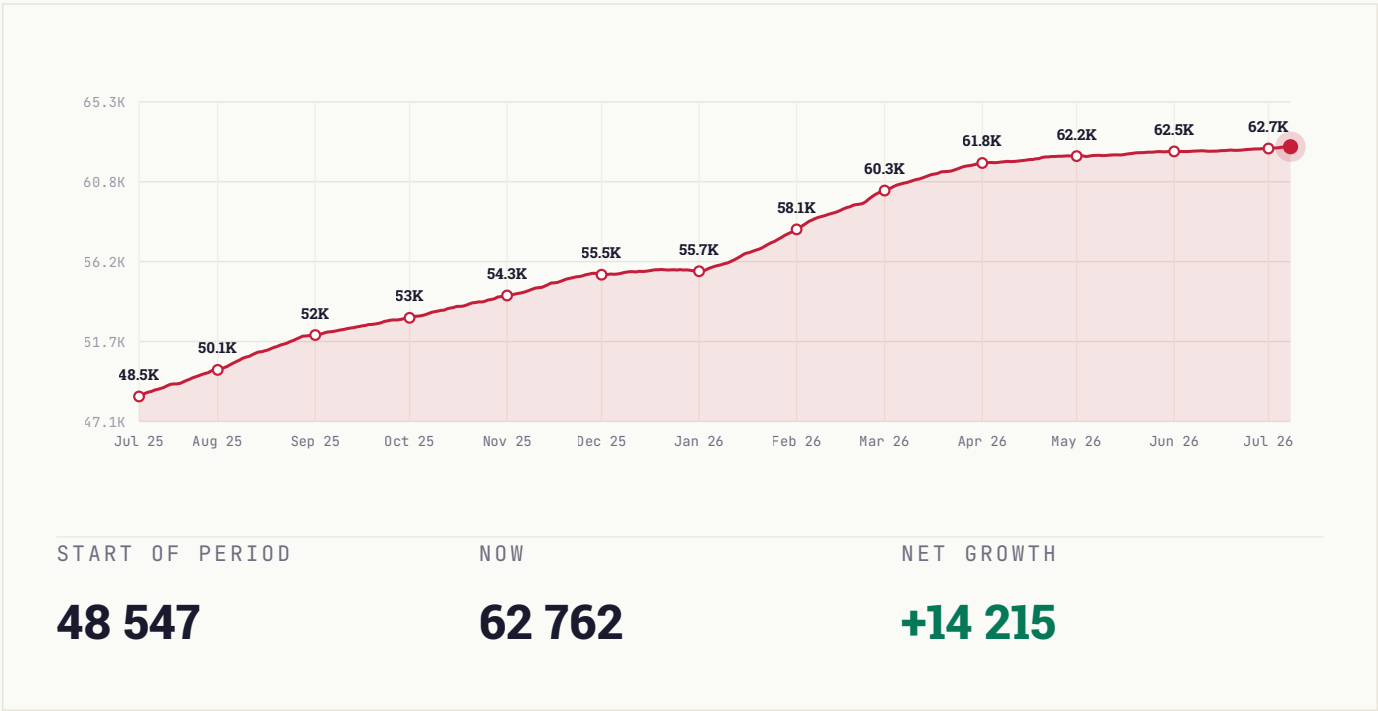
WORST 3

↓ 02.07 • 08:39 PHOTO Interesting facts about posture ☀️ your psycho-emotional state affects posture (if you feel insecure, you'll often hunch your shoulders...	VIEWS 10 297 REACTIONS 481 REPOSTS 56 ER 16.4%
↓ 04.07 • 05:50 TEXT and a new workout for you💙 https://youtu.be/6RAym1C701A?si=UHYO-v_ekGAqfKrG watch on VKONTAKTE watch on RuTube	VIEWS 9 210 REACTIONS 438 REPOSTS 78 ER 14.7%
↓ 04.07 • 05:48 PHOTO the last three days in a row were shooting days honestly, happy! but it wasn't easy😊 because at home I'm a mom, and on camera I'm Mari Stretching💛 in short...	VIEWS 8 743 REACTIONS 512 REPOSTS 5 ER 13.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

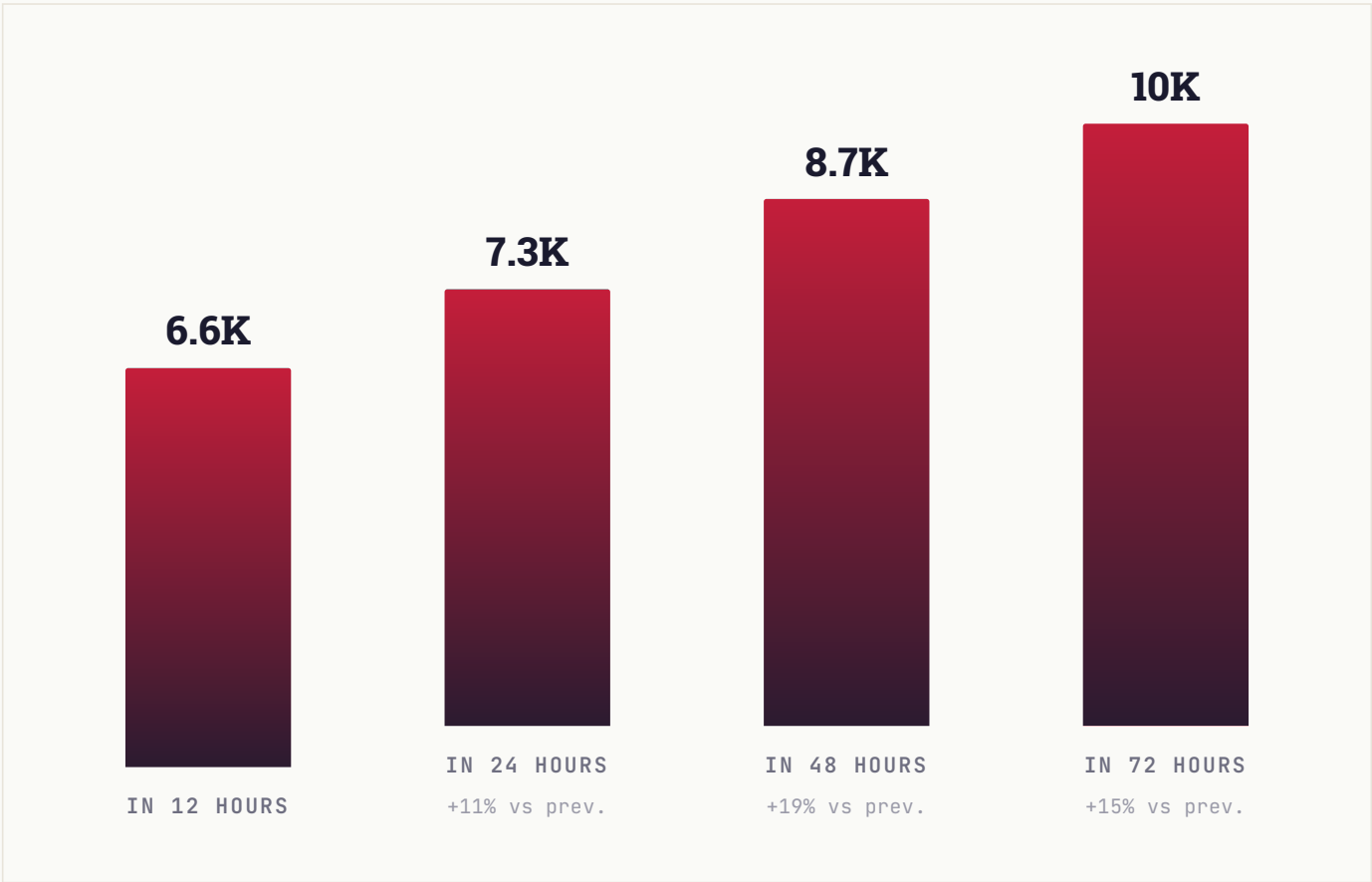
Subscriber growth chart for the year. Key months show exact subscriber count. See which months gained or lost subs.



SECTION 04 · 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 05 · COMPETITORS

Who you compete with

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

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 Алесь Улиценко Врач-остеопат, канд. мед. наук Автор фейспластики	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva	413.5K
RS Stretching with Mari YOU	62.8K

COMPARATIVE CONCLUSION

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

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **52**, they brought **8 179** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	8	8	2 265
December 2025	10	10	380
November 2025	2	2	1 284
October 2025	8	5	1 276
September 2025	13	8	976
August 2025	11	10	1 998
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS	
52	6	8 179	

Where channel stands in its league

Black vertical – median. Red dot – your channel.



— SECTION 08 · STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Main post of the week — on Monday
Audience most active on this day at 07:00 MSK. | EFFECT
Best window
for an
important post |
| 02 | Increase video post share
Video in Telegram retains audience longer and is favored by the algorithm. Aim for 15-25% share. | EFFECT
Video retains
audience
better |
| 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 channels in the same segment once a quarter. 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 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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