

PROMTPRESS PUBLIC REPORT

Channel audit

Main Male



@muzhskoe_zdorove_glav

I'll explain everything about your manhood in simple terms. Ads:
@prostoy Managers: @men_ads_rus Share - https://t.me/+FJdx9J6e_X9IMjly The channel was created solely for...

SUBSCRIBERS

40 336

-389 per month

ERR (% WHO SEE
POSTS)

7.0%

per day **3.1%**

REACH/POST

2.5K

ad reach **1.2K**/24h

— TABLE OF 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

Year chart · growth

04 Citation index

Who and how mentions the channel

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your place

07 Niche Comparison

Rank in «Health & Fitness» category

08 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle under the number shows the period it's calculated for.

 SUBSCRIBERS 40 336 —	 SUBS REACH 6.14% avg % of subs see a post	 VIEWS/POST 2.5K median 2.6K · 28 days	 POSTS/WEEK 11.1 over period
 7D TREND -16.1% vs previous week	 REACTIONS/POST 6.8 total 314 reactions, 347 reposts, 9 comments	 POST LENGTH 796 chars. median 891 · 28 days	 POSTS ANALYZED 46 28 days
 AD REACH 1.2K 24h avg	 CHURN / MONTH -389 last month	 CITATION INDEX 448 citation index · 649 channels mentioned all time	 CHANNEL AGE 2 years 9 months created 20.09.2023

AI EDITOR SUMMARY

Channel «Main Male» — 40 336 subs. Each post gets ~ 2.5K people (6% from subs), reach is low — need to grow audience. Publishes 11 posts/week (~2/day) — regular schedule. For week Jun 29 – Jul 5, reach dropped -16.1% to week of June 22–28 — analyze reasons.

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 46 posts in 28 days.
- 02 Dominant format — Photo (36/46 posts).
- 03 Avg post length — 796 chars (median 891).
- 04 Peak audience activity — Wednesday, 23:00 MSK.
- 05 Top posts get 2x more views than the weakest (3.6K avg for top vs 1.8K for worst) — among 46 posts in 28 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

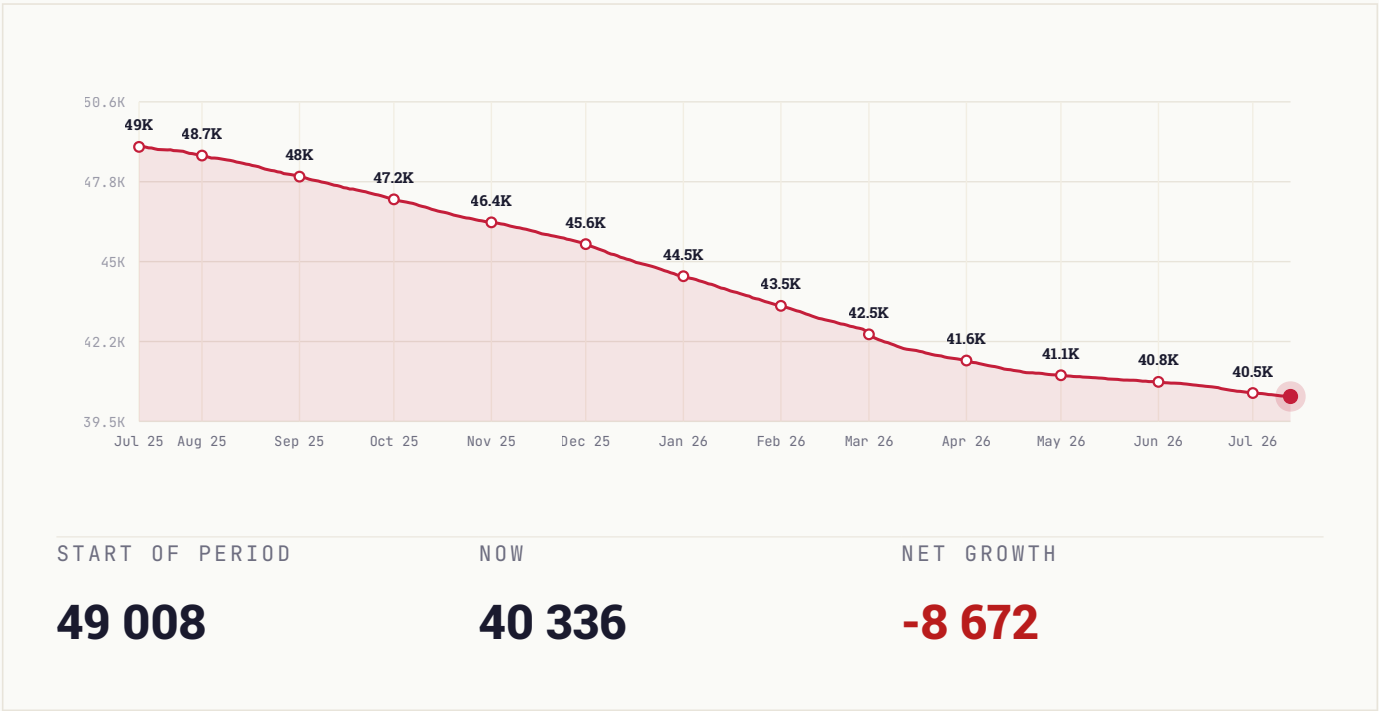
Nº1 24.06 · 20:22 TEXT Why testicle size matters during examination? Testicles are the sperm factory and one of the main sources of testosterone in men. If testicles...	VIEWS 3 955 REPOSTS 3	REACTIONS — ER 9.8%
Nº2 26.06 · 15:08 TEXT Why tight-grip masturbation can interfere with sex? If the body only gets one very intense type of stimulation for a long time...	VIEWS 3 576 REPOSTS 6	REACTIONS 11 ER 8.9%
Nº3 24.06 · 20:05 PHOTO Why antidepressants can lower libido and why that's no reason to quit abruptly? Some antidepressants, especially SSRIs...	VIEWS 3 376 REPOSTS 3	REACTIONS 1 ER 8.4%

Nº4 26.06 · 09:15 TEXT Subscriber question: Can severe stress completely 'turn off' sexual desire? 🧑 My answer: Yes. Quite noticeably. Stress...	VIEWS 3 375 REPOSTS 6 REACTIONS 5 ER 8.4%
Nº5 20.06 · 11:52 PHOTO Prostatitis - a diagnosis often given too quickly to men. Patient comes in: a few months of pulling in the perineum, sometimes...	VIEWS 3 251 REPOSTS 10 REACTIONS 17 ER 8.1%
WORST 3	
↓ 07.07 · 18:14 PHOTO THE BENEFITS OF APPLE CIDER VINEGAR 🍷 The main benefit is related to blood sugar levels. Studies show vinegar reduces glucose spikes after meals...	VIEWS 2 048 REPOSTS 11 REACTIONS 2 ER 5.1%
↓ 08.07 · 14:39 PHOTO Why it's important not to miss the start for a spermogram A spermogram can be worse due to improper collection. The very first part...	VIEWS 1 872 REPOSTS 4 REACTIONS 5 ER 4.6%
↓ 09.07 · 16:31 TEXT Good evening everyone! This week I'll give a small discount on consultations for all who apply. Price will be 2500 ₺ instead of 2900...	VIEWS 1 491 REPOSTS — REACTIONS — ER 3.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

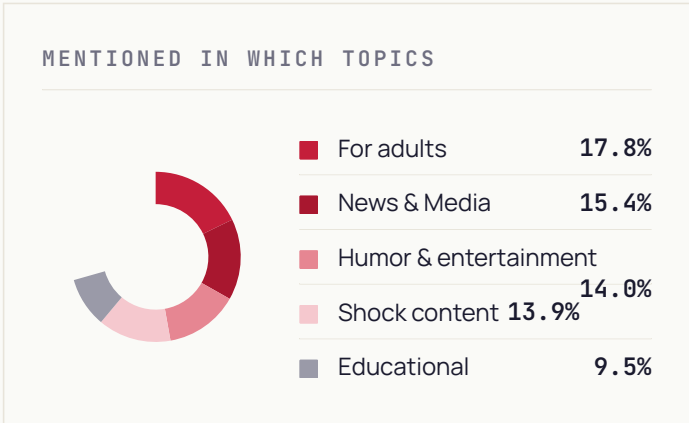
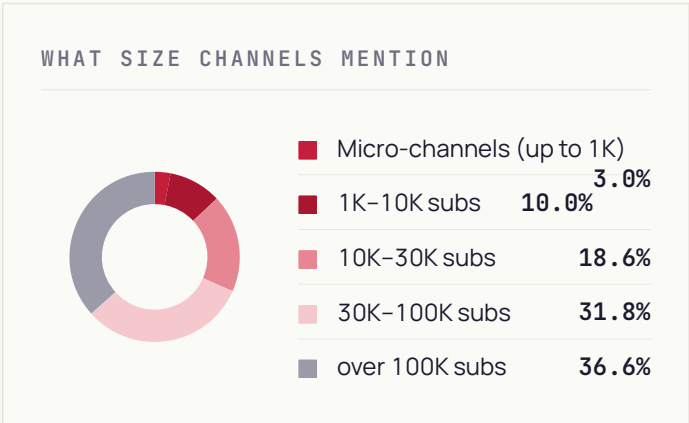
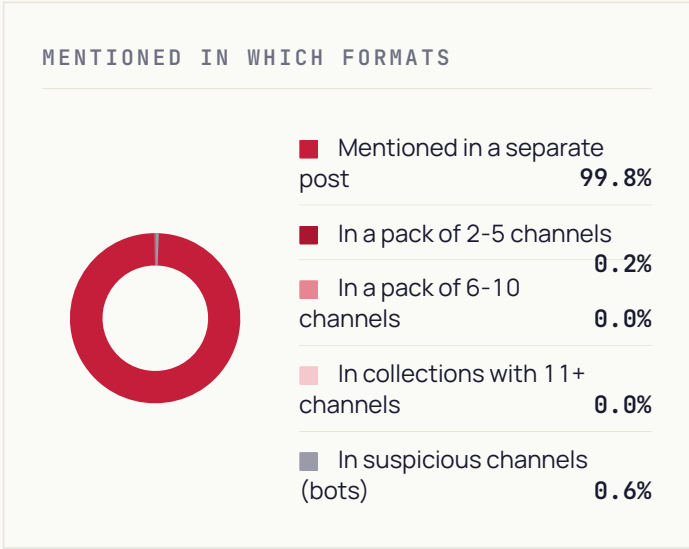
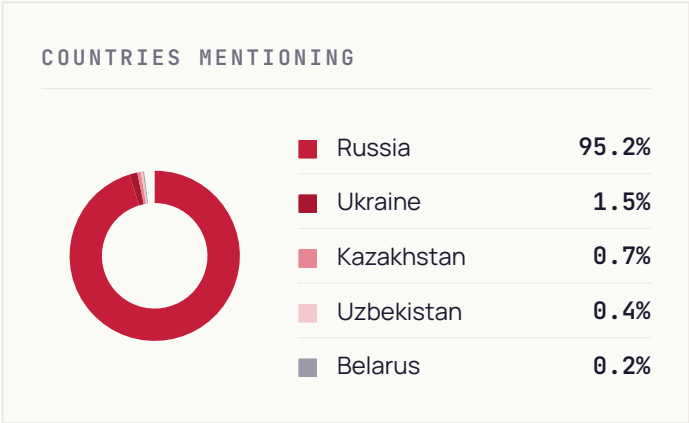
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel grew and which lost subs.



SECTION 04 · CITATIONS

Who and how mentions the channel

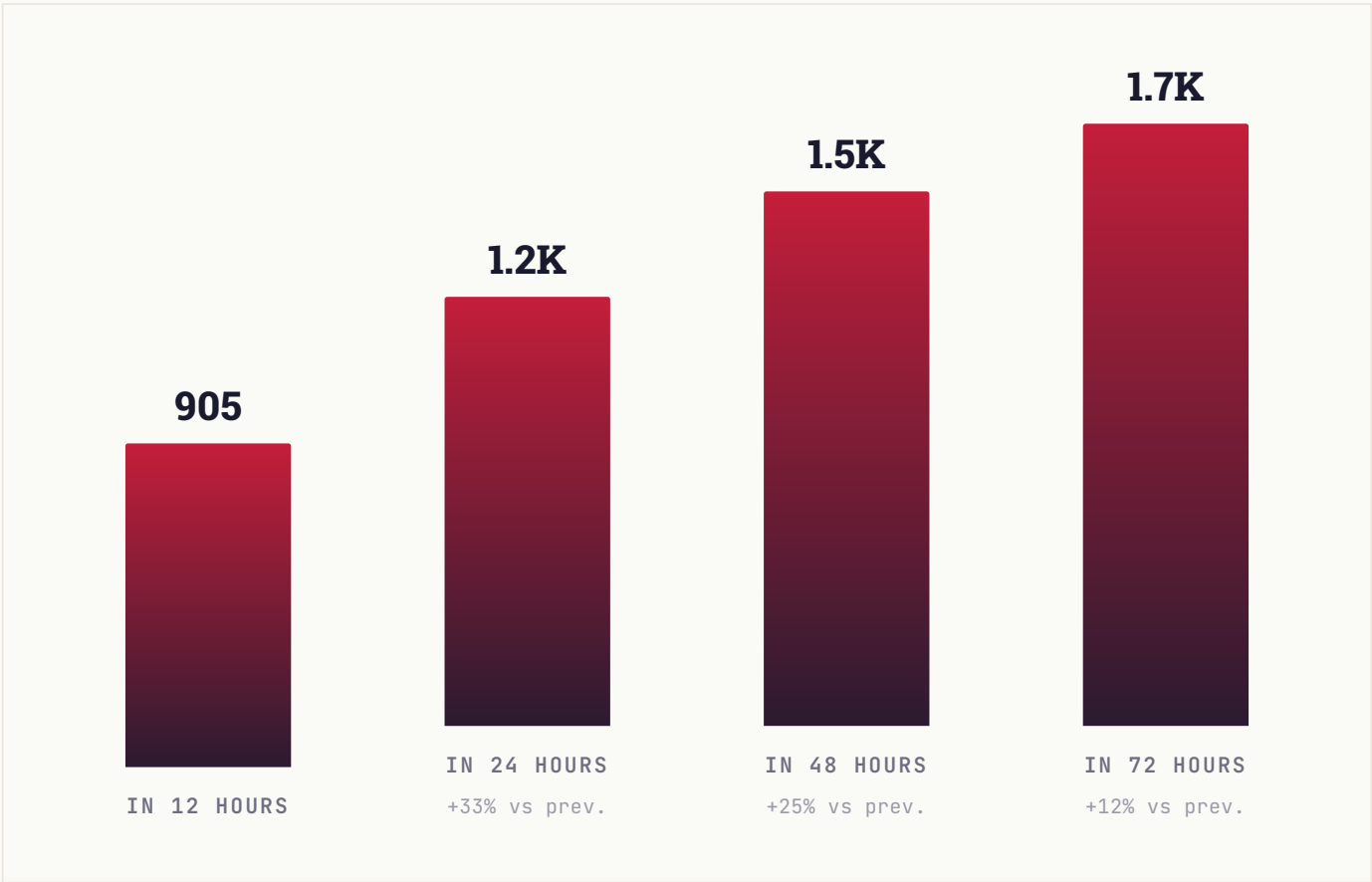
Citation index **448** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **649** different channels.



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 — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
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 Author of faceplasty	476.4K
BZ Stay healthy	447.3K
GM Main Male YOU	40.3K

COMPARATIVE INSIGHT

Channel not yet outside top-97 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 and content work.

Where the channel stands in its league

SUBSCRIBERS

76% below median

median 170.4K

53.2K 40 336 — your channel 545.2K

Metric	Value	Comparison
Subscribers	40,336	76% below median (170.4K)

AVG REACH / POST

77% below median

median 10.7K

498 2 477 — your channel 44.2K

Metric	Value	Comparison
Avg Reach / Post	2,477	77% below median (10.7K)

CITATION INDEX

better than 54% of niche

median 220

0 448 — your channel 2.7K

Metric	Value	Comparison
Citation Index	448	better than 54% of niche

— SECTION 08 • STRATEGY

What to do right now

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

- 01

Top post of the week — on Wednesday
On this day at 23:00 MSK audience is most active.

EFFECT
Best window for an important post
- 02

Increase video posts share
Video in Telegram holds audience longer and is better perceived by the algorithm. We recommend reaching 15-25% share.

EFFECT
Video holds audience better
- 03

ER below niche benchmark — rethink formats
Current ER 6.14% vs norm 7.0%. Try polls & interactive formats.

EFFECT
+0.9pp ER
- 04

Systematic traffic buying
Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromtPress 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 poll per week on a hot topic — easy win.

EFFECT
+5-15% ER

★ NEXT STEPS

Want this done by **PromptPress?**

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

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