

PUBLIC PROMTPRESS REPORT

Channel audit

Testosteronych | Men's blog



@muzhskoe_zdorove_test

No fluff. For men. About health. Ads: @prostoy Managers: @men_ads_rus Share - https://t.me/+_fCUPfM6o0dhYmly Channel created for educational purposes only. Only for...

SUBSCRIBERS

85 566

-803 per month

ERR (% SEE POSTS)

7.0%

daily 3.4%

REACH/POST

6K

ad reach 2.9K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 85 566 —	 SUBS REACH 6.96% avg % subs see post	 VIEWS/POST 6K median 5.8K · 24 days	 POSTS/WEEK 9.6 over period
 7D TREND -1.9% vs previous week	 REACTIONS/POST 27.1 923 reactions, 558 reposts, 48 comments	 POST LENGTH 892 chars median 984 · 24 days	 POSTS ANALYZED 34 24 days
 AD REACH 2.9K 24h avg	 CHURN / MONTH -803 last month	 CITATION RATE 317 citation index · 1,310 channels mentioned all time	 CHANNEL AGE 2 years 10 months created 15.08.2023

AI EDITOR SUMMARY

Channel «Testosteronych | Men's Blog» — 85 566 subs. Each post avg views 6K people (7% of subs), reach low — expand audience. Publishes 10 posts/week (~1/day) — consistent. Week Jun 15–21 reach stable (-1.9% vs week of June 8–14).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **34** posts in 24 days.
- 02 Dominant format — **Photo** (28/34 posts).
- 03 Avg post length — **892** chars (median 984).
- 04 Peak audience activity — **Thursday**, 21:00 MSK.
- 05 Top posts get **3x** more views than weakest (top avg 10.7K vs worst 4.2K) — among 34 posts in 24 days. Analyze common traits: topic, format, timing.

TOP 5 POSTS

Nº1 01.06 · 17:47 PHOTO Why coffee “hits the prostate” though it’s not about coffee A man cuts out coffee and waits for prostatitis to go away. It doesn’t. Then he cuts out spicy...	VIEWS 12 501 REPOSTS 18	REACTIONS 47 ER 14.6%
Nº2 04.06 · 18:14 PHOTO Why morning erections happen but vanish with a woman A man wakes up, sees his body works, but then in intimacy with a woman everything can...	VIEWS 11 551 REPOSTS 15	REACTIONS 68 ER 13.5%
Nº3 09.06 · 15:31 PHOTO Creatine, Immunity & Oncology: New Study Creatine helps cells get energy faster. Usually linked to muscles...	VIEWS 8 083 REPOSTS 39	REACTIONS 38 ER 9.4%

Nº4

09.06 · 12:51

PHOTO

High cholesterol and erection

Erection is primarily about vessel quality. For stable erection, blood must flow freely...

VIEWS

7 885

REACTIONS

26

REPOSTS

19

ER

9.2%

Nº5

12.06 · 17:14

PHOTO

How men can slow hair loss

The key is not to wait until hair noticeably thins. In male pattern baldness, hair usually doesn't...

VIEWS

6 955

REACTIONS

30

REPOSTS

47

ER

8.1%

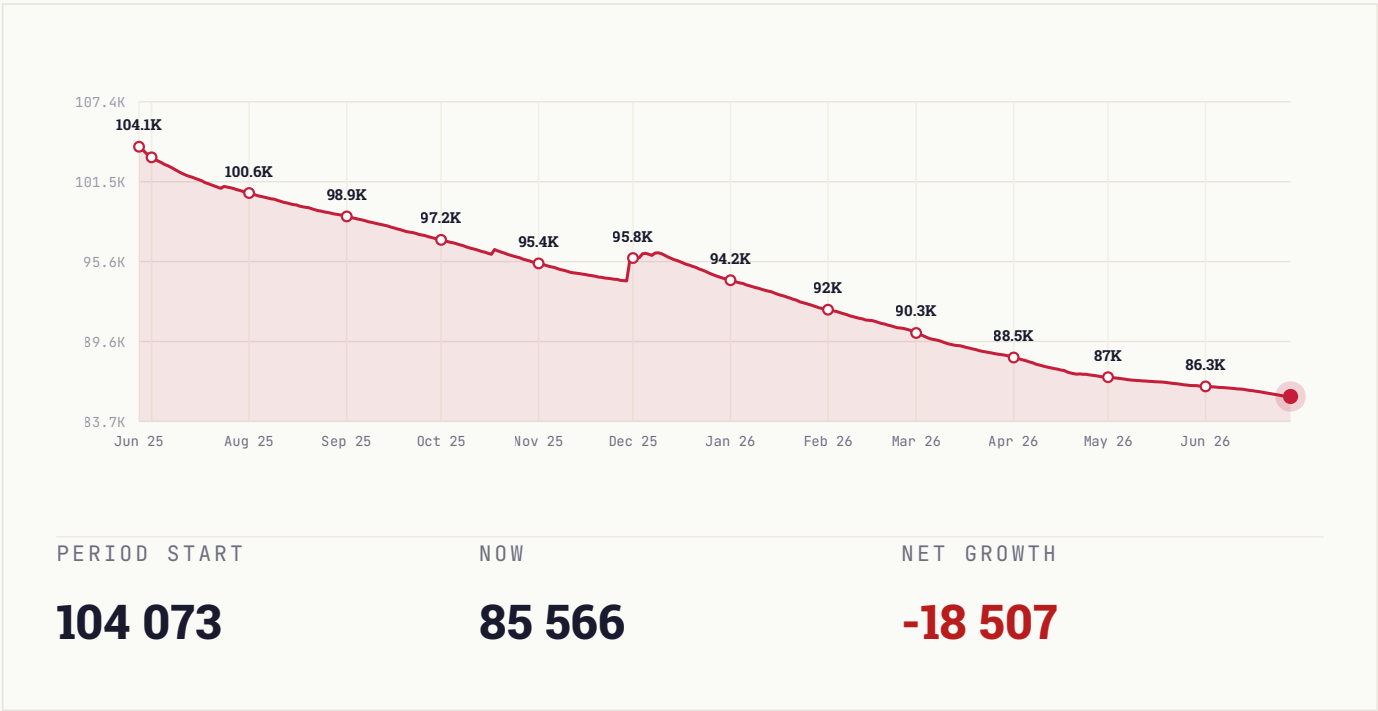
WORST 3

↓ 24.06 · 16:11 PHOTO Let's be honest. A woman in bed can fake it so a man stays confident: 'everything's fine'. But that doesn't mean everything...	VIEWS 4 201 REACTIONS 20 REPOSTS 8 ER 4.9%
↓ 24.06 · 07:05 PHOTO Sleep & biological age A major study on sleep and biological age was published. Scientists analyzed data from ~500,000 people and...	VIEWS 4 172 REACTIONS 32 REPOSTS 18 ER 4.9%
↓ 22.06 · 14:05 PHOTO 70% of immunity lives in the gut: what does that mean? Most of our immune system cells are located not in the blood but in the...	VIEWS 4 124 REACTIONS 24 REPOSTS 13 ER 4.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

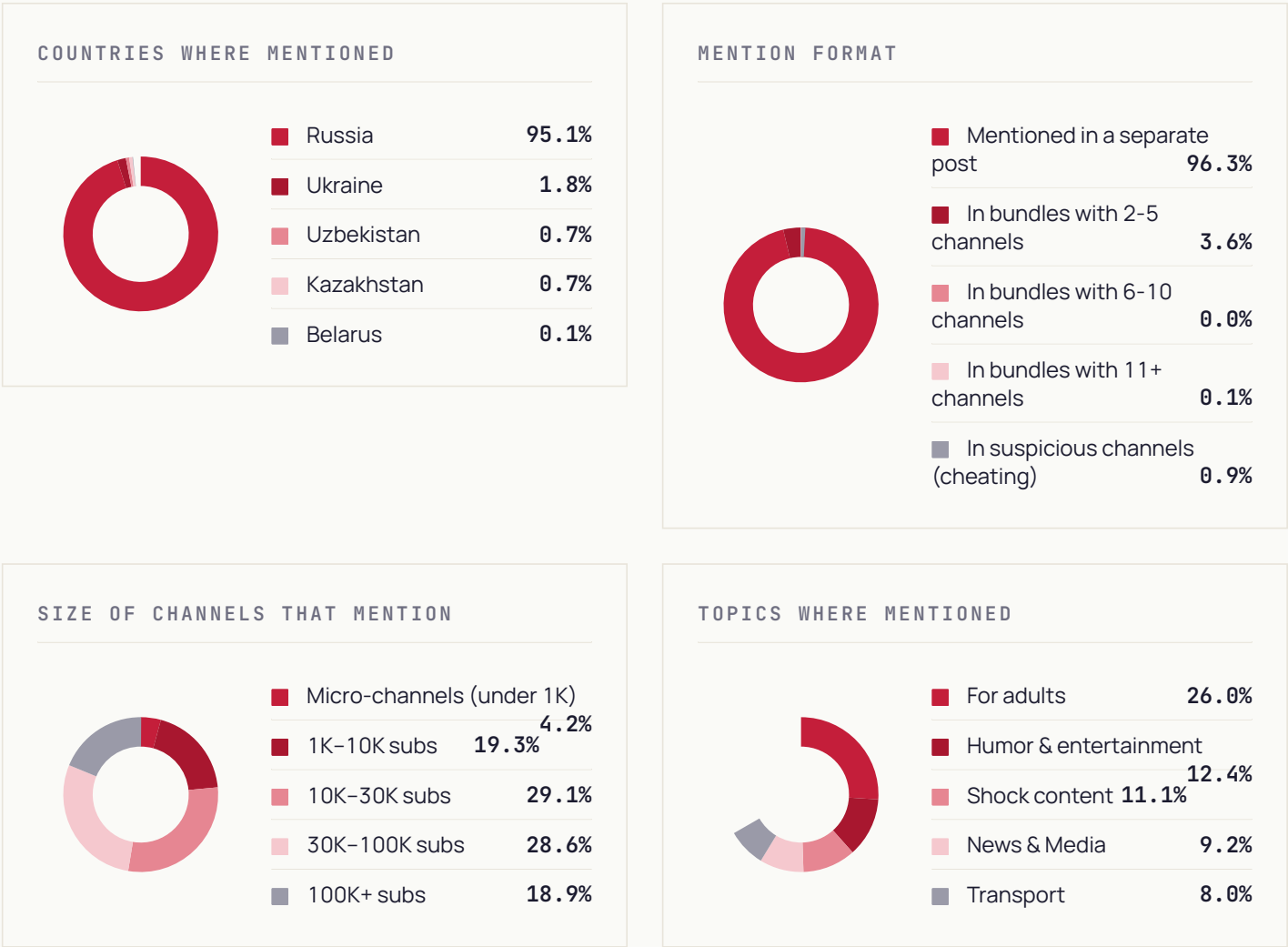
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

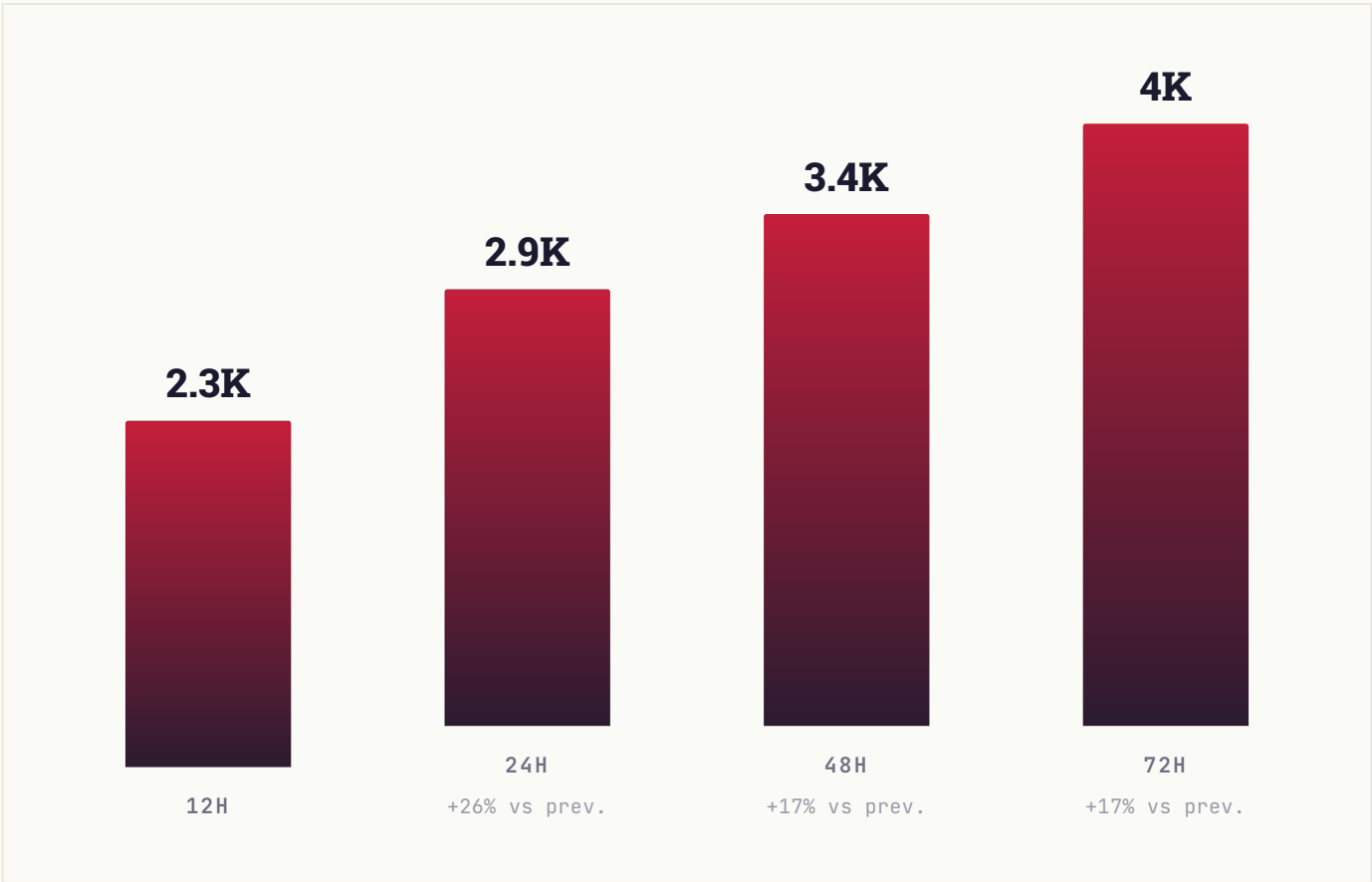
Citation index **317** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioning channels: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All-time channel mentions **1 310** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates 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 & audience. Your channel is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
ER Test Purchase	771.1K
BI Biohackers	584.6K
BI Biohacking	534.6K
GS GymDeals- Supplements & Whey Protein Offers	533.5K
SL Sport Life	526.2K
VN Eternity in Tibet	495.4K
NT Our Body	482.5K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	478.7K
BZ Stay Healthy	448.8K
TI Testosteronych Men's blog	85.6K

COMPARATIVE INSIGHT

Channel not yet outside niche top 96 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M), top-96 median: 163.3K. First goal: enter top-96 through systematic work on traffic and content.

SECTION 07 · MENTION TRENDS

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 **1 139**, they brought **2 748** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
December 2025	65	65	723	
Nov 2025	1 011	508	1 523	
Oct 2025	63	63	363	
Sep 2025	0	0	0	
August 2025	0	0	0	
July 2025	0	0	139	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
1 139	6	2 748

Where channel stands in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart has a light beige background with a darker beige bar representing the range of other channels. A vertical line marks the median, and a red dot indicates the channel's position.

- SUBSCRIBERS:** The channel has 85,566 subscribers, which is 49% below the median of 167.7K. The range of other channels is from 53.5K to 547.9K.
- AVG REACH / POST:** The channel has 5,959 average reach per post, which is 45% below the median of 10.8K. The range of other channels is from 897 to 48.7K.
- CITATION INDEX:** The channel has a citation index of 317, which is better than 51% of the niche. The median is 232, and the range of other channels is from 0 to 2.7K.

Metric	Channel Value	Median	Comparison	Range (Min-Max)
SUBSCRIBERS	85 566	167.7K	49% below median	53.5K - 547.9K
AVG REACH / POST	5 959	10.8K	45% below median	897 - 48.7K
CITATION INDEX	317	232	better than 51% of niche	0 - 2.7K

— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — on Thursday

Audience most active on this day at 21:00 MSK.

EFFECT

**Best window
for key posts**

02

Increase video posts share

Video in Telegram retains audience longer and is better perceived by the algorithm. Recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 6.96% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+0.0pp ER

04

System traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

**+1000-3000
subs**

05

Test polls & interactive formats

Posts with polls/reactions usually give +5-15% to ER. One poll per week on a 'hot' topic — 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. Want 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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