

PUBLIC PROMTPRESS REPORT

Channel audit

Nas Pakhomova



@nas_pakhomova

Your guide to a healthy body 📖 Inst: nas_pakhomova PR - account:
https://www.instagram.com/pr_nas_pakhomova?igsh=aXd3YjhkYjRjeGE5 Channel included in RKN list:...

SUBSCRIBERS

163 219

-1924 per month

ERR (% SEE POSTS)

17.0%

in 24h **8.3%**

REACH/POST

27.3K

ad reach **13.5K**/24h

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What's inside the report

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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 163 219 —	 SUBSCRIBER REACH 16.72% avg % subs see post	 VIEWS/POST 27.3K median 27.2K · 24 days	 POSTS/WEEK 1.1 for period
 7D TREND — no data for period	 REACTIONS/POST 257.2 total 1,029 reactions, 1,478 reposts, 10 comments	 POST LENGTH 431 chars median 435 · 24 days	 POSTS ANALYZED 4 24 days
 AD REACH 13.5K 24h avg	 CHURN / MONTH -1924 last month	 CITATION RATE 1 citation index · 10 channels mentioned ever	 CHANNEL AGE 1 yr 10 mo created 06.08.2024

AI EDITOR SUMMARY

Channel «Nas Pakhomova» — 163 219 subs. Each post gets avg 27.3K people (17% of subs), average reach — room to grow. Publishes 1 posts/week (~0/day) — rare posts.

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 4 posts over 24 days.
- 02 Dominant format – Video (4/4 posts).
- 03 Avg post length – 431 chars (median 435).
- 04 Peak audience activity – Sunday, 12:00 MSK.
- 05 Top posts drive 1x more views than weakest (32.2K avg top vs 22.4K worst) – among 4 posts in 24 days. Analyze commonalities: topic, format, timing.

TOP 4 POSTS

Nº1 31.05 · 09:52 VIDEO Girls, I'm back from vacation and straight into mode ☑ Set a goal for summer – a toned and sculpted body! And if with workouts everything...	VIEWS 42 113 REPOSTS 29	REACTIONS 133 ER 25.8%
Nº2 14.06 · 09:22 VIDEO LYMPH DRAINAGE WORKOUT☑☑ - do on empty stomach after warm water - stimulates lymph flow, boosts metabolism...	VIEWS 29 763 REPOSTS 1 125	REACTIONS 346 ER 18.2%
Nº3 18.06 · 07:23 VIDEO SUPER PROTEIN BREAKFAST ☑ This is the breakfast that never gets boring, even if you eat it every day! Definitely try making...	VIEWS 24 679 REPOSTS 313	REACTIONS 205 ER 15.1%

Nº4 25.06 · 08:55 VIDEO Let's be honest!!! How many times have you promised to start on Monday? How many times have you bought something for weight loss and quit after a few...	VIEWS	REACTIONS
	12 637	345
	REPOSTS	ER
	11	7.7%

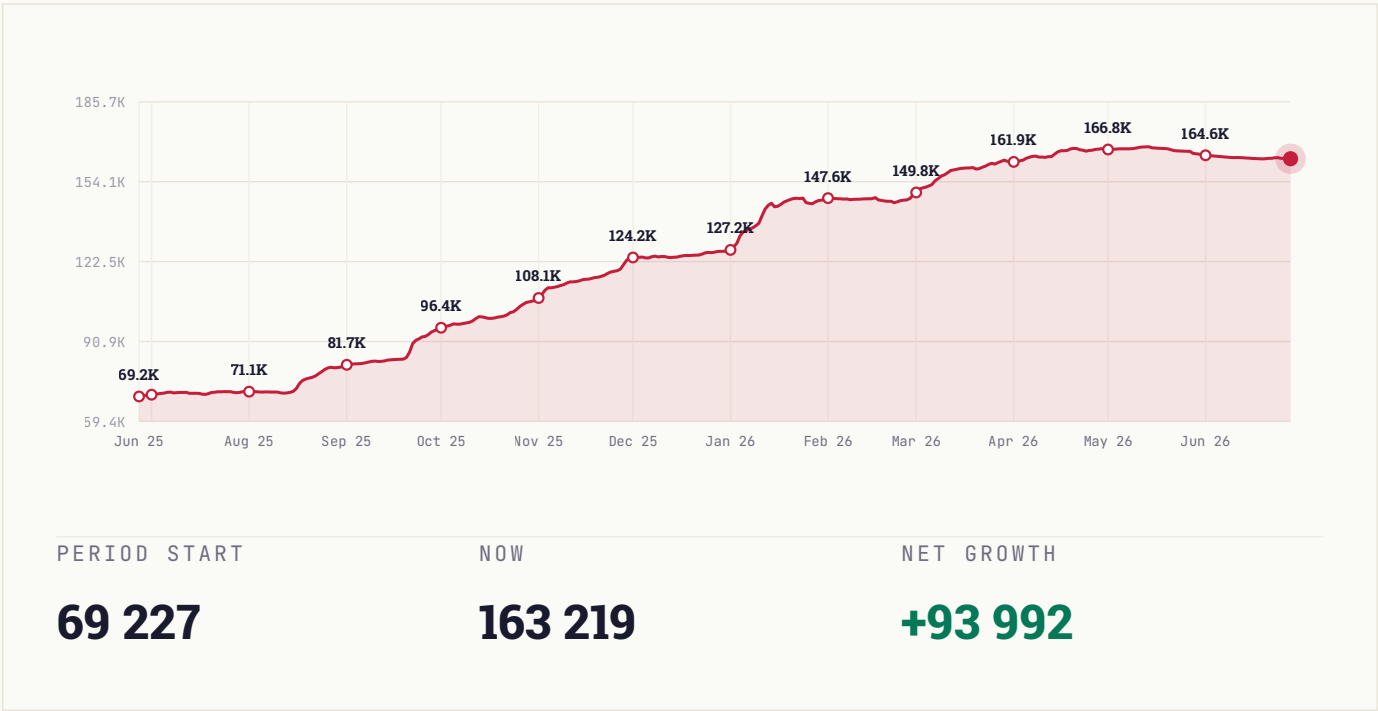
WORST 3

↓ 14.06 · 09:22 VIDEO LYMPH DRAINAGE WORKOUT - do on empty stomach after warm water - stimulates lymph flow, boosts metabolism...	VIEWS	REACTIONS
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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

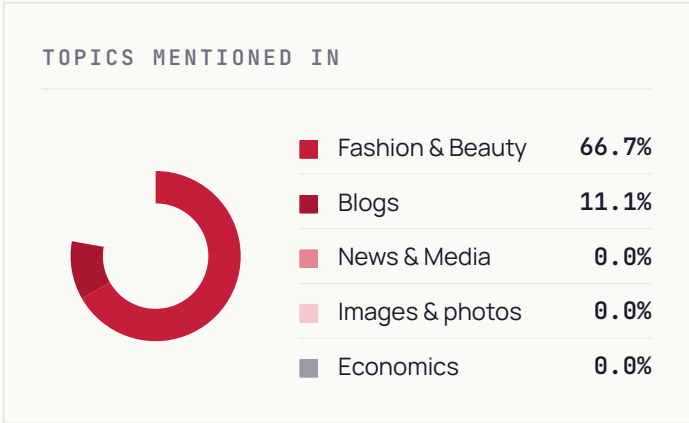
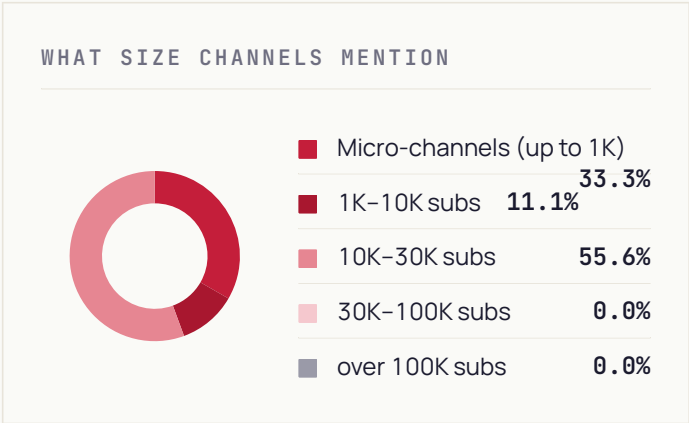
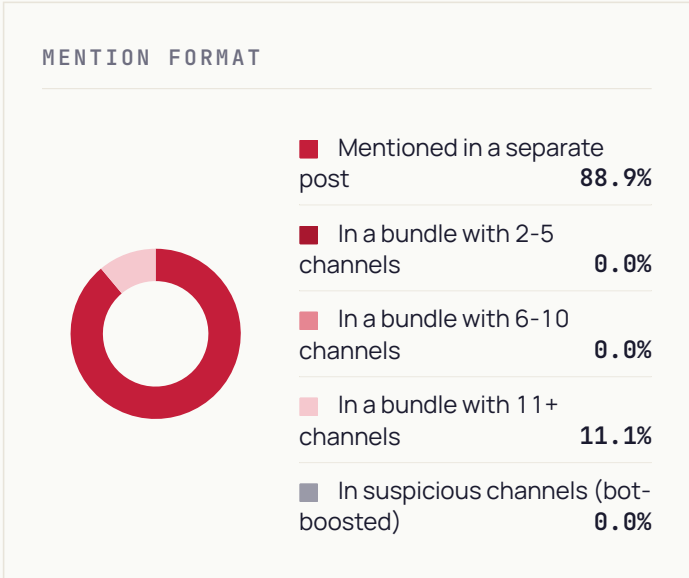
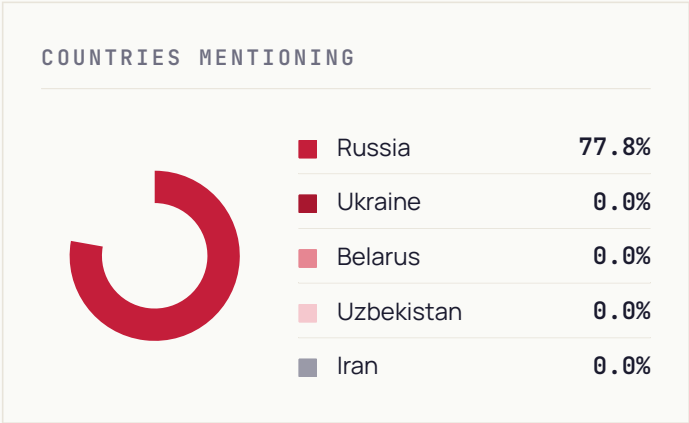
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

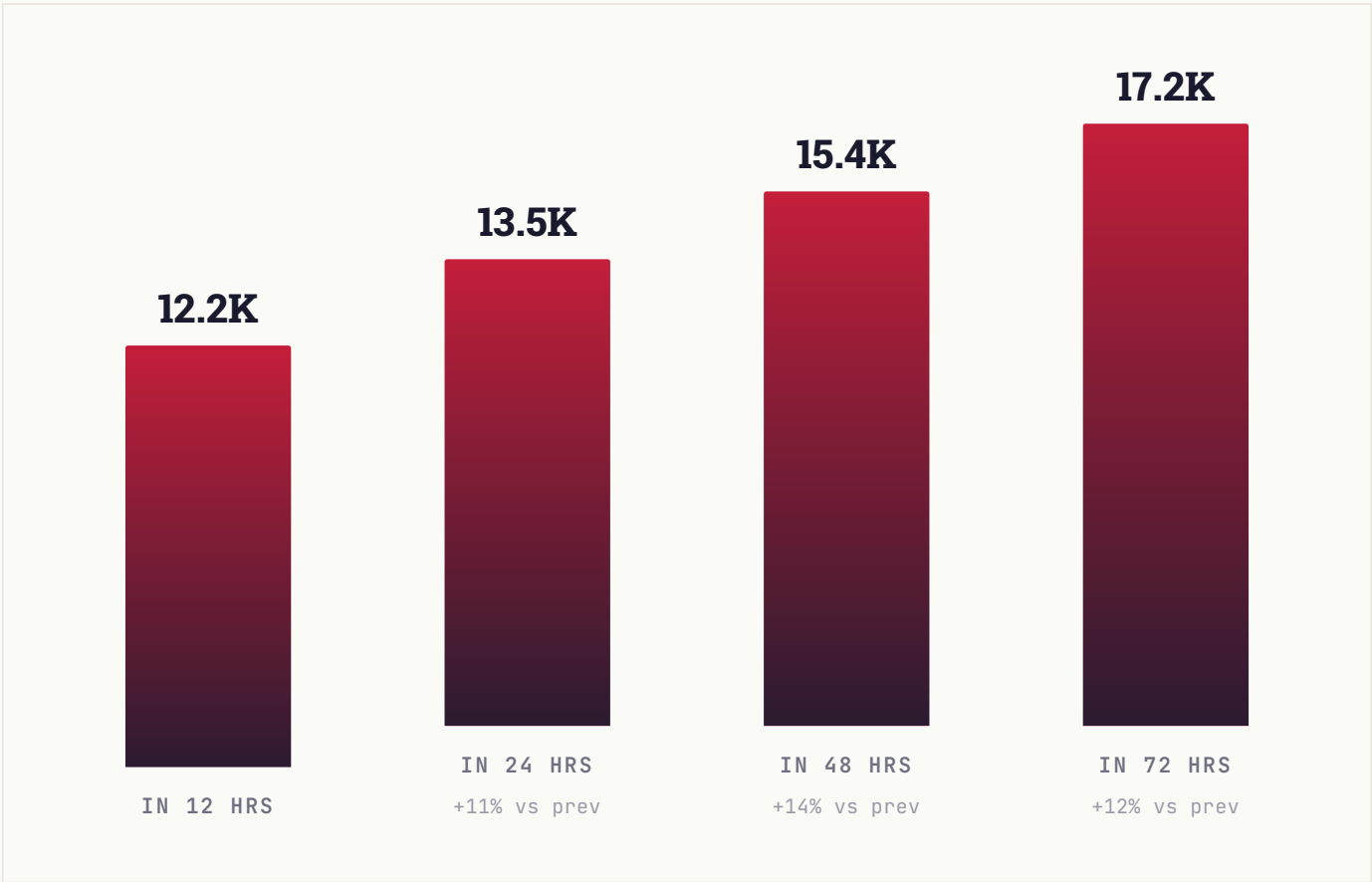
Citation index 1 – channel popularity score based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All-time mentions: 10 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps gauge how long placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
KZ 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 Ulishchenko Osteopath, PhD Author of faceplasty	478.7K
BZ Stay healthy	448.8K
NP Nas Pakhomova YOU	163.2K

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#52 of 96). Niche median — 163.3K subs. First growth KPI — reach the median. Leader: DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M).

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 **61 598** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	0	0	3 815
Nov 2025	1	1	16 862
Oct 2025	0	0	12 119
September 2025	0	0	14 858
August 2025	1	1	10 997
July 2025	0	0	2 947
TOTAL MENTIONS	MONTHS IN DATA		GAINED SUBSCRIBERS
2	6		61 598

— SECTION 08 · NICHE COMPARISON

Where the channel ranks in its league

Took top-100 channels in category «Health & Fitness» (Russia) and compared your channel. Gray band — range for 80% of niche channels (p10 to p90). Black line — median. Red dot — your channel.

#52 /100

RANK IN NICHE

Channel in the bottom half of the ranking

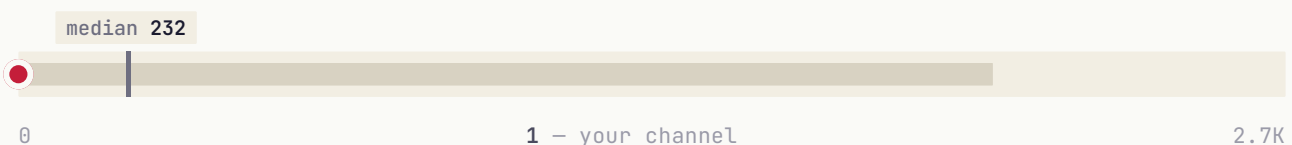
SUBSCRIBERS

3% below median

AVG REACH / POST

better than 74% of niche

CITATION INDEX

99% below median

— 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

Increase posting frequency

Now 1.1 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Sunday

Audience most active on this day at 12:00 MSK.

EFFECT

**Best time for
an important
post**

03

Systematic 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**

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further — run ads with us and hit your growth plan in a month.

01 **Launch ads on Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
