

PUBLIC REPORT BY PROMTPRESS

Channel audit

Pohuditel



@pohuditel2

WEIGHT LOSS MENTOR Admin @wadime76 Dzen - <https://dzen.ru/pohuditel>
pohuditel Max - <https://max.ru/pohuditel2>

SUBSCRIBERS

38 546

+528 per month

ERR (% SEE POSTS)

28.0%

last day **21.2%**

REACH/POST

10.5K

ad reach **8.1K/24h**

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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 38 546 —	 SUBS REACH 27.2% avg % subs see post	 VIEWS/POST 10.5K median 10.7K · 29 days	 POSTS/WEEK 6.0 for period
 7D TREND +1.8% vs previous week	 REACTIONS/POST 140.7 total 3,518 reactions, 943 reposts, 1 comment	 POST LENGTH 989 chars median 1,000 · 29 days	 POSTS ANALYZED 25 29 days
 AD REACH 8.1K 24h avg	 CHURN / MONTH +528 last month	 CITATION RATE 979 citation index · 1,211 channels mentioned ever	 CHANNEL AGE 6 years 3 months created 21.03.2020

AI EDITOR SUMMARY

Channel «Pohuditel» — 38 546 subs. Each post avg views 10.5K people (27% of subs), good reach. Publishes 6 posts/week (~1/day) — rare. Week Jun 22–28 reach stable (+1.8% vs week Jun 15–21).

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 25 posts over 29 days.
- 02 Dominant format — Text (24/25 posts).
- 03 Avg post length — 989 chars (median 1,000).
- 04 Audience peak activity — Wednesday, 16:00 MSK.
- 05 Top posts get ×1 more views than the weakest (11.3K avg for top vs 10K for worst) — among 25 posts over 29 days. Worth analyzing what top posts share — topic, format, timing.

TOP 5 POSTS

Nº1 19.06 · 07:00 PHOTO Trenerss — workout & diet diary with built-in AI. All for your shape in one app — right in Telegram, no install. 🏋️ ...	VIEWS 11 465 REP. 13	REACTIONS 117 ER 29.7%
Nº2 24.06 · 13:40 TEXT Healthy vs. Weight Loss: Avocado vs. Calories 🥑💥 "I've been eating clean for a week, but the scale is up! Maybe my scale is broken...	VIEWS 11 331 REP. 15	REACTIONS 126 ER 29.4%
Nº3 22.06 · 15:20 TEXT Titan Territory: Why I'm Scared to Enter the Gym 😰 Let's be honest. First thought when you approach the gym doors: "Maybe I'll just...	VIEWS 10 997 REP. 14	REACTIONS 139 ER 28.5%

Nº4 19.06 • 09:00 TEXT  Calorie Ladder: Eat Your Usual Portions & Lose Weight Remember how sauces and dressings sneak in hundreds...	VIEWS 10 877 REACTIONS 151 REP. 22 ER 28.2%
Nº5 17.06 • 15:20 TEXT  Checking Your Logs: Where Are the "Blind Spots"? Day 3 of our tracking experiment. You're logging honestly, but...	VIEWS 10 814 REACTIONS 150 REP. 14 ER 28.1%
WORST 3	
↓ 16.06 • 15:20 TEXT  Weekly Task: Food Audit Without Diets or Bans Yesterday we covered hidden calories. Time to find them in your diet...	VIEWS 10 263 REACTIONS 116 REP. 18 ER 26.6%
↓ 03.07 • 15:20 TEXT Trainer Types. Part 1: Sgt. Hardnut & Insta-Diva 🏋️🦖 Decision made: you're in the gym. But staring at those iron labyrinths...	VIEWS 10 051 REACTIONS 156 REP. 66 ER 26.1%
↓ 18.06 • 08:02 TEXT  Unexplained Bloating: How "Healthy" Food Holds Water for Years You count calories, train, eat "clean"...	VIEWS 9 611 REACTIONS 123 REP. 19 ER 24.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

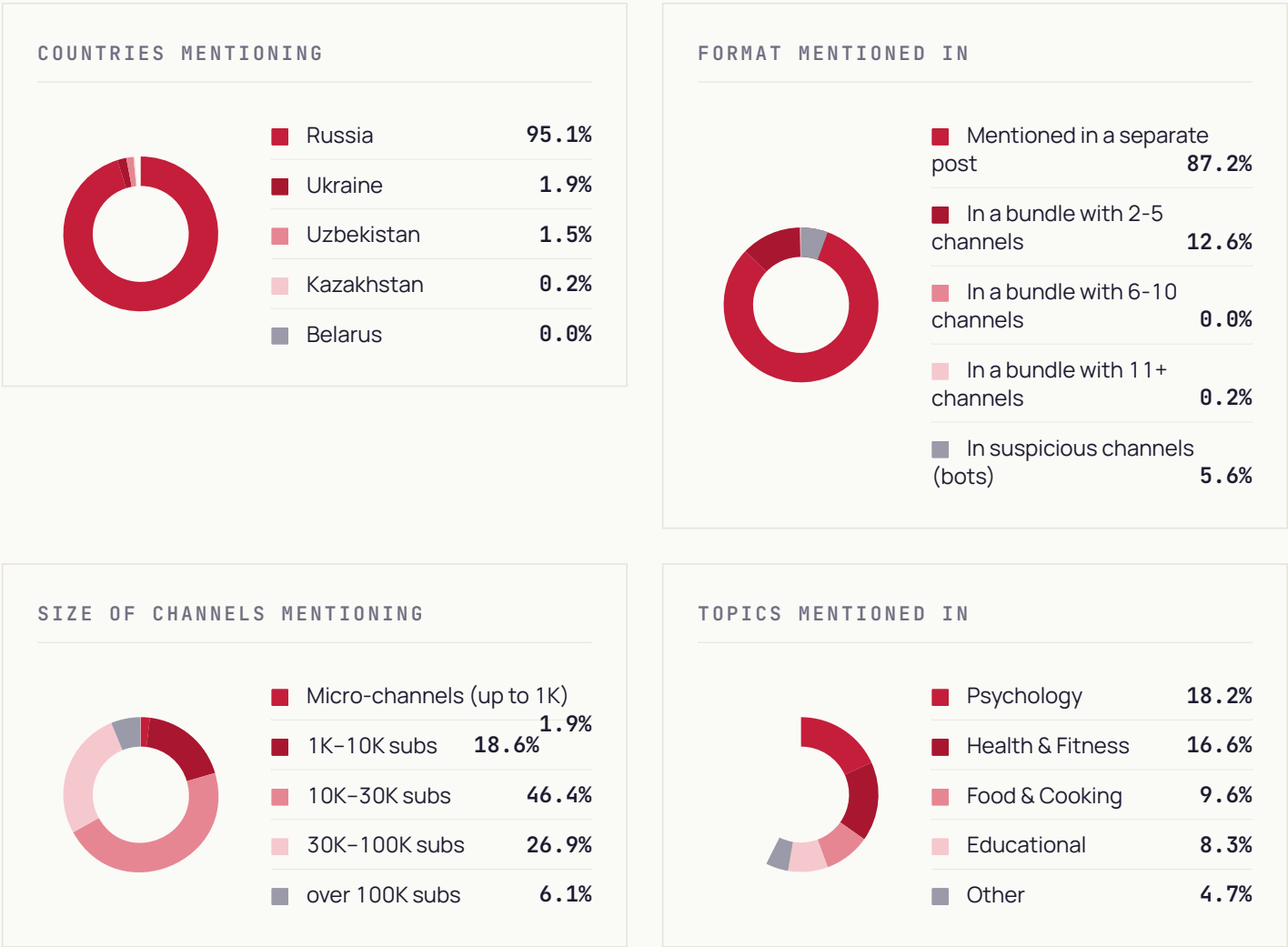
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who & how mentions the channel

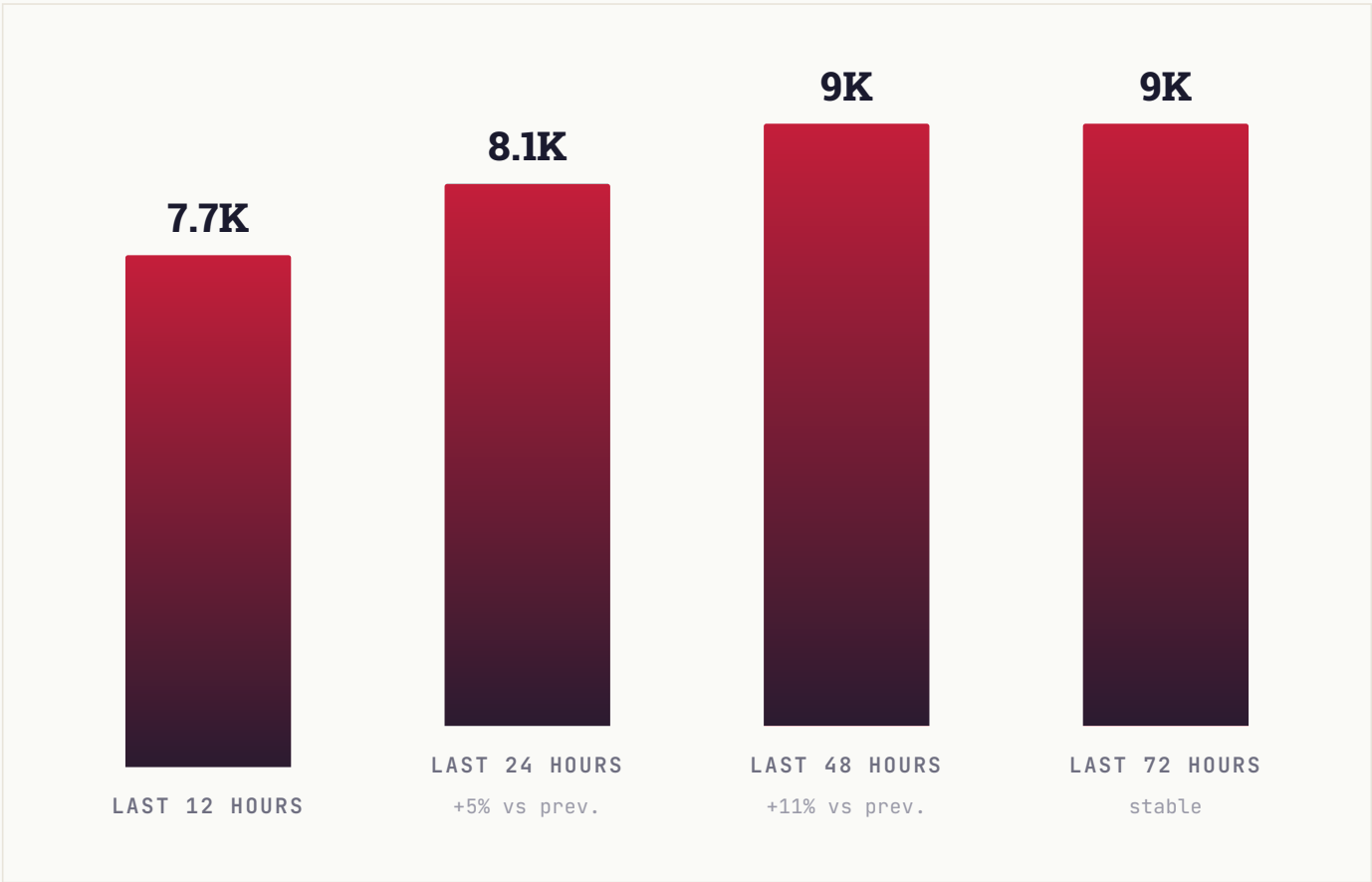
Citation index **979** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions **1 211** different channels.



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 and audience. Your channel highlighted — see its rank among niche neighbors.

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 Ales Ulischenko Osteopath, PhD Face plastic surgery author	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
SW Pohuditel YOU	38.5K

COMPARATIVE CONCLUSION

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

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **3**, they brought **13 601** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	0	0	5 704
December 2025	1	1	3 833
Nov 2025	0	0	577
Oct 2025	0	0	1 187
Sep 2025	2	2	1 480
August 2025	0	0	820

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
3	6	13 601

Where the channel stands in its league

SUBSCRIBERS

75% below median

median 155.2K

42.7K 38 546 — your channel 496.4K

AVG REACH / POST

better than 52% of niche

median 9.1K

1.2K 10 485 — your channel 38.4K

CITATION INDEX

better than 65% of niche

median 296

0 979 — your channel 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

Top post of the week — on Wednesday

Audience is most active on this day at 16:00 MSK.

EFFECT

**Best window
for important
post**

02

Increase video post share

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

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 is an easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with nearby channels

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs bring 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. 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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