

PUBLIC REPORT PROMTPRESS

Channel audit

power.julia |

integrative

health



@powerjulia

Yulia — integrative doctor, health coach returning women from chaos to wholeness — healthy body, calm mind & life energy healing is returning to original wholeness ❤️ service...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
21 699	10.0%	2.1K
59 posts 25 days 03.07.2026	in 24 hours 4.7%	ad reach 1K/24h
HTTPS://PROMTPRESS.COM/AUDIT/POWERJULIA		

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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 21 699 —	 SUBS REACH 9.47% avg % subs see post	 VIEWS/POST 2.1K median 2K · 25 days	 POSTS/WK 15.9 for the period
 7D TREND +13.7% vs previous week	 REACTIONS/POST 28.6 total 1,688 reactions, 497 reposts, 232 comments	 POST LENGTH 452 chars median 288 · 25 days	 POSTS ANALYZED 59 25 days
 AD REACH 1K 24h avg	 MENTION RATE 4 mention index · 8 channels mentioned ever	 CHANNEL AGE 3 years 6 months created 14.12.2022	

AI EDITOR SUMMARY

Channel «powwer.julia | integrative health» — 21 699 subs. Each post avg views 2.1K people (9% subs), reach is low — expand audience. Publishes 16 posts per week (~2/day) — steady pace. Week of Jun 22–28 reach up +13.7% to week Jun 15–21 — positive trend.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 59 posts in 25 days.
- 02 Dominant format — Text (27/59 posts).
- 03 Avg post length — 452 chars (median 288).
- 04 Peak audience activity — Sunday, 12:00 MSK.
- 05 Top posts get 2x more views than the weakest (3.4K avg top vs 1.5K worst) — among 59 posts in 25 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 07.06 · 09:16 TEXT guide to basic annual checkup for women: LINK	VIEWS 3 657 REPOSTS 139	REACTIONS 64 ER 16.9%
Nº2 07.06 · 09:16 TEXT What basic tests, ultrasounds, or doctors do you usually take or recommend upon returning home?)	VIEWS 3 492 REPOSTS —	REACTIONS 8 ER 16.1%
Nº3 08.06 · 19:47 PHOTO my birthday, 100K subs on Insta and a new stage I invite you to ❤️ my asociality and lack of...	VIEWS 3 155 REPOSTS 3	REACTIONS 43 ER 14.5%

Nº4 08.06 • 19:49 **PHOTO**

21 days — reset your nervous system and gut 🔥 you know, I thought long about what to create for you that would be most accessible and...

VIEWS
3 067

REACTIONS
40

REPOSTS
20

ER
14.1%

Nº5 08.06 • 20:48 **VIDEO**

Birthday girl ❤️✨

VIEWS
2 845

REACTIONS
127

REPOSTS
2

ER
13.1%

WORST 3

↓ 19.06 • 11:03 **VIDEO**

sharing the vibe of our reviews 🔥 who was there, what are your insights?

VIEWS
1 573

REACTIONS
15

REPOSTS
2

ER
7.2%

↓ 12.06 • 08:57 **VIDEO**

(post without caption — video)

VIEWS
1 560

REACTIONS
11

REPOSTS
2

ER
7.2%

↓ 30.06 • 05:21 **PHOTO**

«I don't want to feel my belly at all» — a girl casually said during our group call for the «21 days» program «you don't want to...

VIEWS
1 389

REACTIONS
37

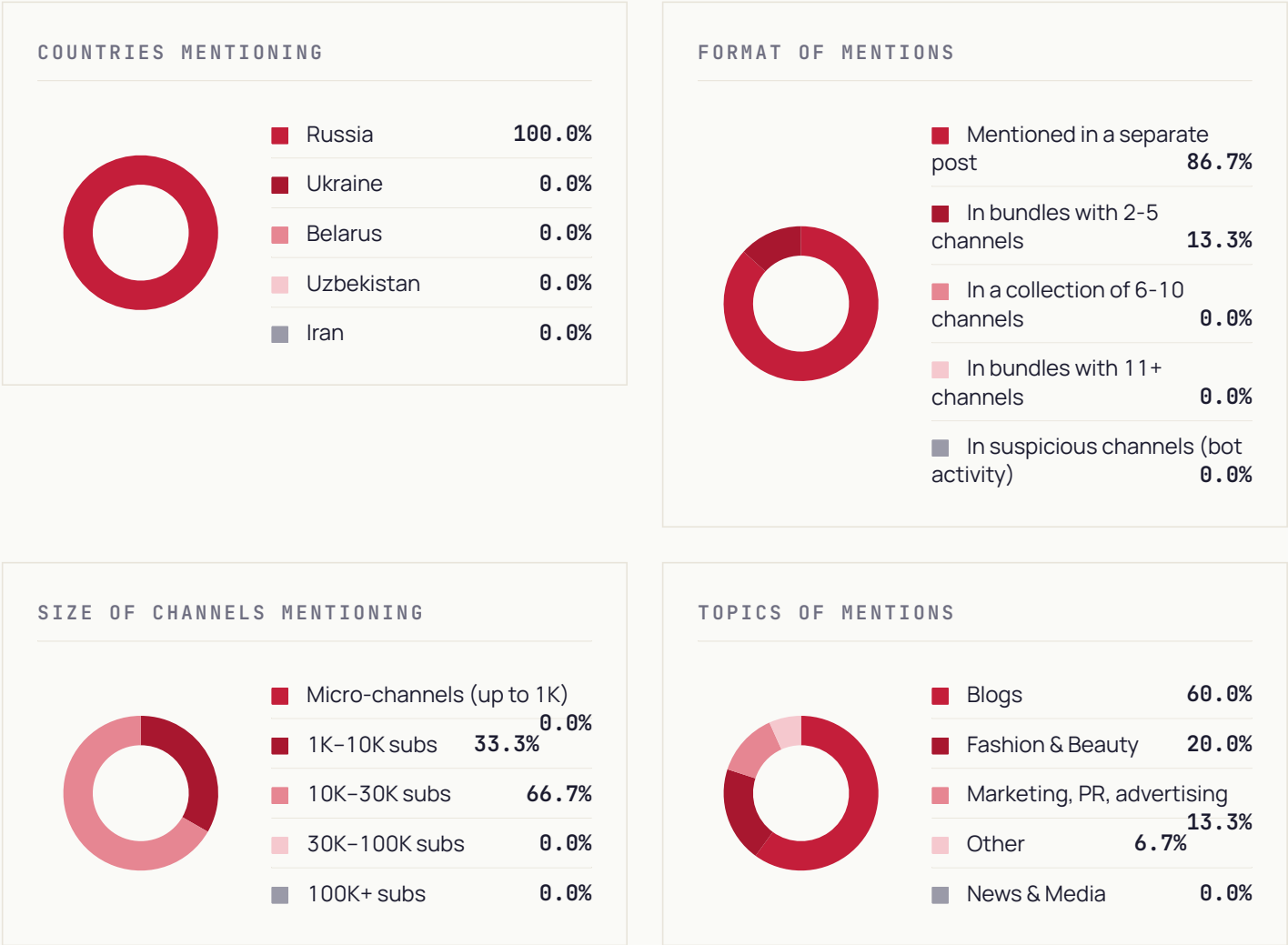
REPOSTS
4

ER
6.4%

SECTION 03 · MENTIONS

Who mentions the channel and how

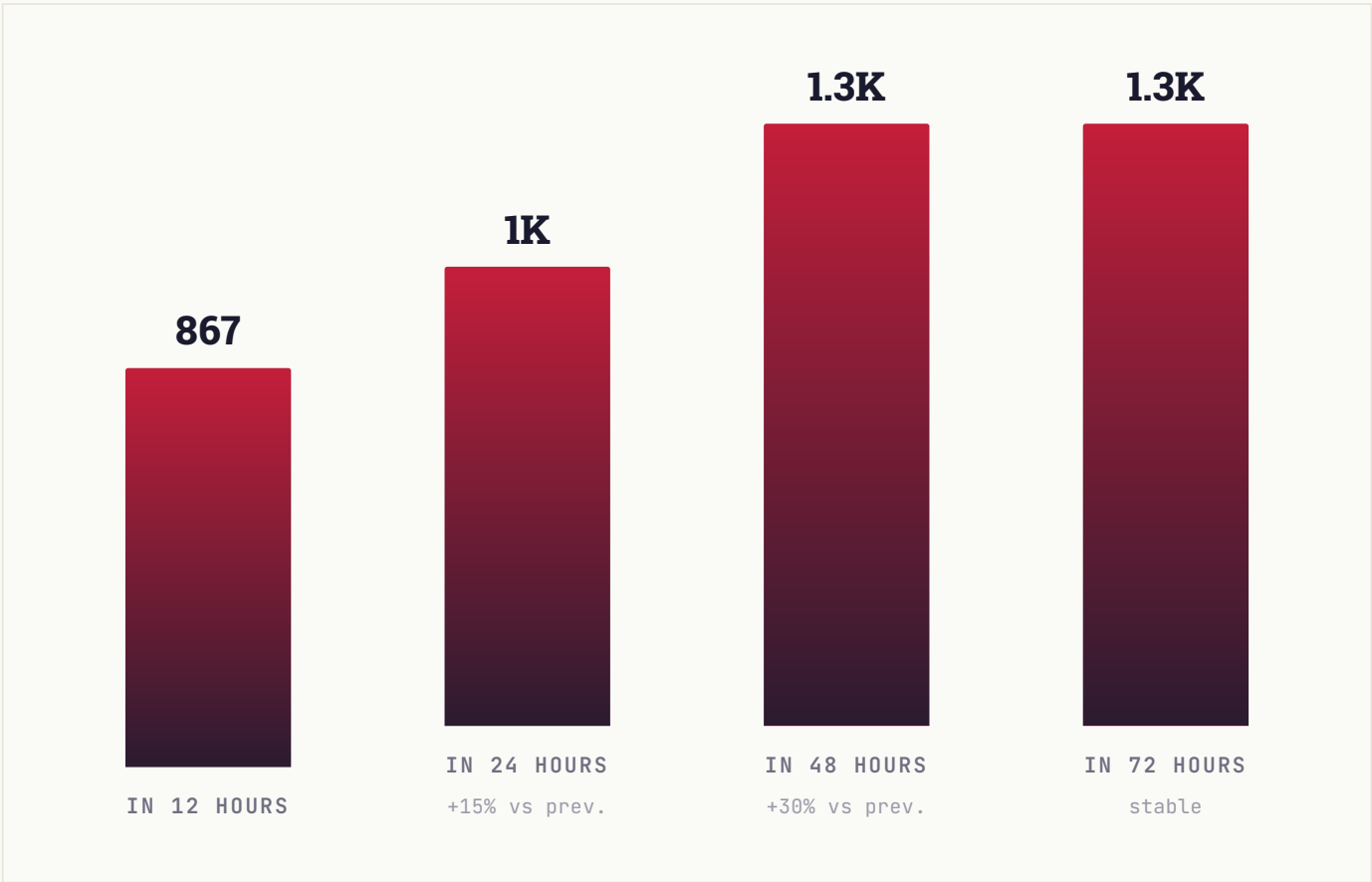
Citation index 4 – channel popularity rating based on mentions. Considers both count and weight of mentioning channels: a post from a 100k subs channel weighs more than from a 1k subs one. All-time mentions: 8 different channels.



SECTION 04 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should «live».



SECTION 05 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DK Dr. Kosachyova	30.4K
PI powwer.julia integrative health YOU	21.7K
DL Wild Elk	13.2K
AK Alexey Koltsov TRANSFORMER 🕶️	12.7K
IY Irina Yablonskaya dietitian	8.8K
DXK Dolgolive. Women's active longevity	7.3K
ZV Healthcare of Vitebsk Region	3.2K
EY Ekaterina Yakunina 🌟 Movement is life	2.6K
BE Belaaz	2.1K
ER ER by Nikita Yurkovets	2.1K
WO Vitebsk Regional Clinical Hospital	1.8K

COMPARATIVE CONCLUSION

Channel in top-2 niches (#2 of 50 category channels). A leader — client-partners can cross-promote with peers; for PR/reach you're a valuable media partner.

SECTION 06 · NICHE COMPARISON

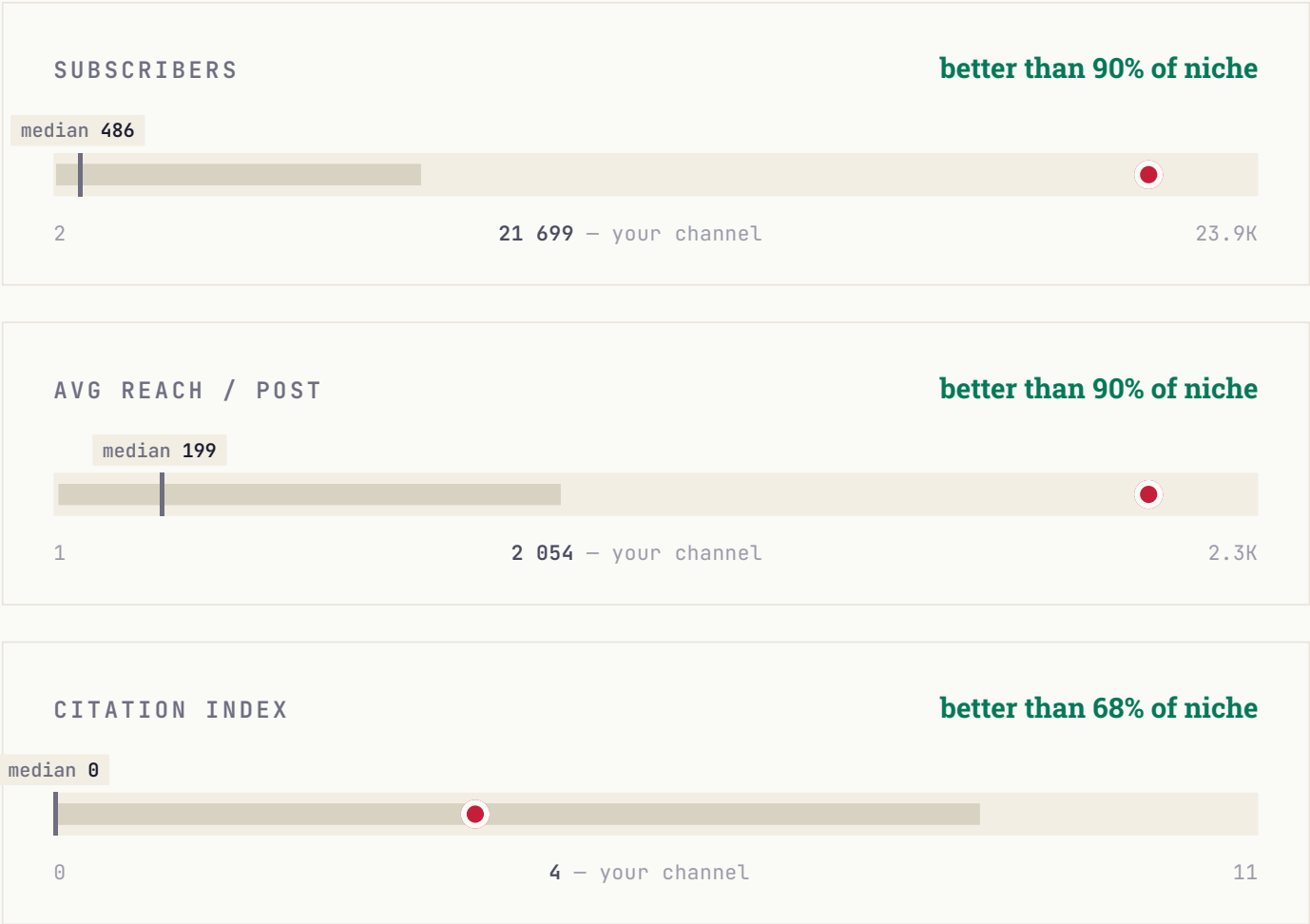
Where channel ranks in its league

Took top-51 channels in category «Health & Fitness» (Belarus) and compared your channel against them. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.

#2/51

POSITION IN NICHE

Channel in top 3% Health & Fitness Belarus



— SECTION 07 · STRATEGY

What to do right now

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

- 01

Top post of the week — on Sunday
 Audience is most active on this day at 12:00 MSK.

EFFECT
Best window for an important post
- 02

Systematic traffic buying
 3 formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT
+1000-3000 subs
- 03

Test polls and interactive formats
 Posts with polls/reactions usually boost ER by +5-15%.
 One weekly poll on a hot topic is an easy growth lever.

EFFECT
+5-15% ER
- 04

Cross-promo with neighboring channels
 Exchange posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT
Growth from relevant audience
- 05

Update channel description for Telegram search
 Telegram search scans descriptions. Add 3-5 niche keywords — it's a source of organic traffic.

EFFECT
Organic traffic source

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes from public data. Want more? Run ads with us & hit your growth plan in a month.

01

Launch Telegram ad

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager
