

PUBLIC REPORT BY PROMTPRESS

Channel audit

PrAtein



@pratein_no

Sports. Bodybuilding. Powerlifting. Fitness. Gym girl 🏋️ Insta - pratein_inst VK - pratein_no

SUBSCRIBERS

21 846

+111 per month

ERR (% SEE POSTS)

55.0%

per day 29.0%

REACH/POST

12.3K

ad reach 6.3K/24h

— 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

Yearly chart · growth

04 Ad potential

How long a post brings reach

05 Competitors

Niche neighbors · your spot

06 Mention dynamics

6 months · monthly

07 Niche comparison

Position in «Health & Fitness» category

08 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 21 846 —	 SUBS REACH 56.51% avg % of subs see post	 VIEWS/POST 12.3K median 12.1K · 28 days	 POSTS/WEEK 7.3 over period
 7D TREND +10.7% vs previous week	 REACTIONS/POST 332.4 total 9,973 reactions, 2,508 reposts, 1,142 comments	 POST LENGTH 314 chars median 168 · 28 days	 POSTS ANALYZED 30 28 days
 AD REACH 6.3K 24h avg	 CHURN / MONTH +111 last month	 CITATION INDEX 7 citation index · 36 channels mentioned all time	 CHANNEL AGE 5 years 6 months created 30.12.2020

AI EDITOR SUMMARY

Channel «PrAtein» – 21 846 subs. Each post averages 12.3K people (57% from subs), this is wide reach for a channel of this size. Publishes 7 posts per week (~1/day) – regular schedule. Week 22–28 Jun reach grew +10.7% Week 15–21 Jun – positive trend.

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 **30** posts over 28 days.
- 02 Dominant format — **Photo** (18/30 posts).
- 03 Avg post length — **314** chars (median 168).
- 04 Peak audience activity — **Saturday**, 11:00 MSK.
- 05 Top posts get **2x** more views than the weakest (18.1K avg for top vs 9.1K for worst) — among 30 posts over 28 days. Worth analyzing what the top has in common — topic, format, timing.

TOP 5 POSTS

Nº1 20.06 · 08:09 PHOTO Bikini - wh#r# But like, there's a like	VIEWS 20 692 REPOSTS 63	REACTIONS 383 ER 94.7%
Nº2 20.06 · 08:07 PHOTO This photo makes me fly away like a seagull every time. If there was a spider, it would still be worth the risk, because no one knows for sure how it becomes...	VIEWS 17 134 REPOSTS 154	REACTIONS 204 ER 78.4%
Nº3 25.06 · 08:19 PHOTO What's the point of Andrey Smayev completely closing a Russian-language channel? Like, audience didn't appreciate what they had, or monetization didn't work?...	VIEWS 16 357 REPOSTS 30	REACTIONS 572 ER 74.9%

Nº4

20.06 · 08:03

PHOTO

Andrey Lutsenko circa 2015-2016 kinda Explain @LucProArm

VIEWS

16 092

REPOSTS

12

REACTIONS

168

ER

73.7%

Nº5

14.06 · 13:35

PHOTO

Donated \$50 to the hero for starch, swordfish, and eggs at 61 rubles. A whole 16 pages of info – feels like...

VIEWS

15 636

REPOSTS

97

REACTIONS

409

ER

71.6%

WORST 3



03.07 · 09:00

PHOTO

A meme that got out of control in 2014-15. Smayev gets 1,000 likes – let's see how many this legend gets. ❤️ If...

VIEWS

9 230

REPOSTS

64

REACTIONS

649

ER

42.3%



03.07 · 09:18

VIDEO

Back in 2013 we already knew trenbolone isn't for everyone.

VIEWS

9 219

REPOSTS

121

REACTIONS

218

ER

42.2%



03.07 · 09:00

TEXT

(post without caption – text)

VIEWS

8 730

REPOSTS

20

REACTIONS

32

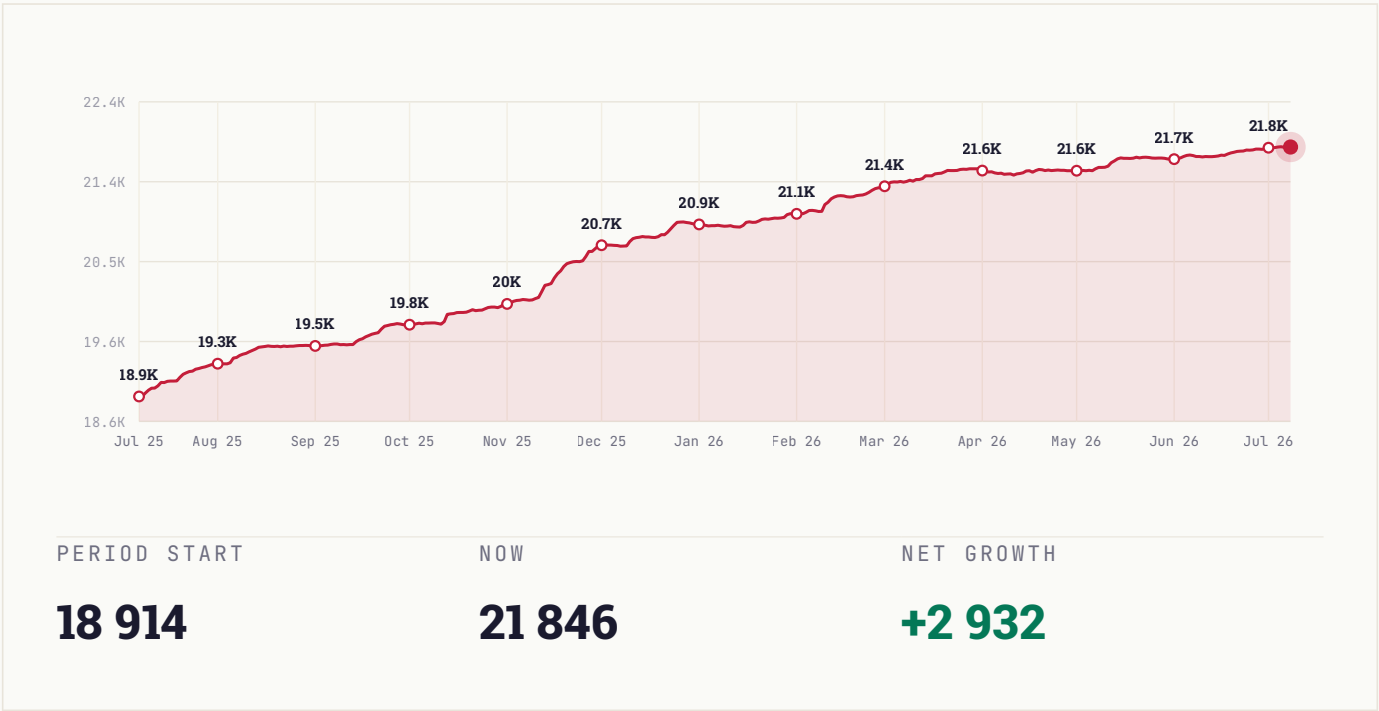
ER

40.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

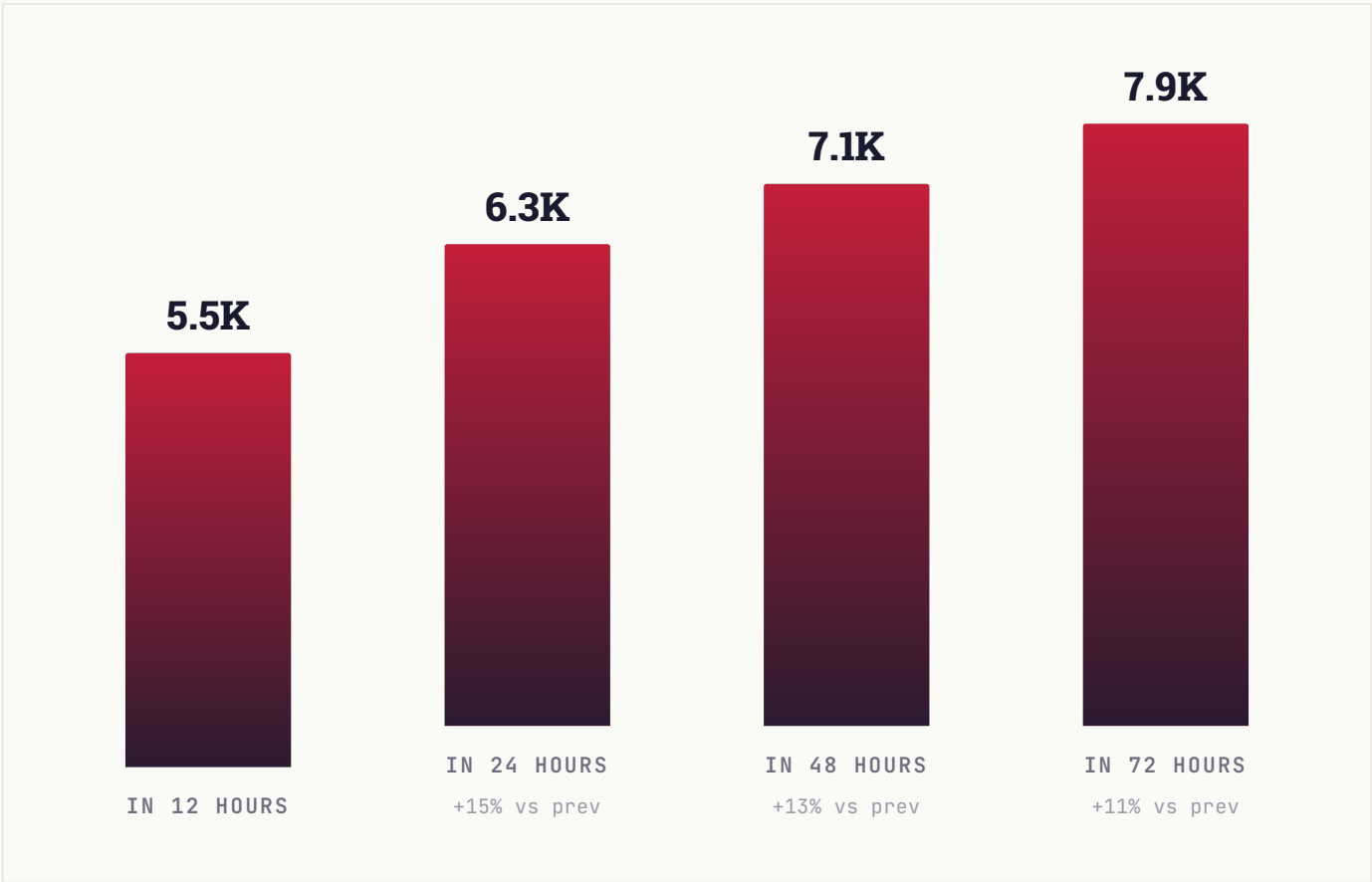
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post brings reach

Avg reach of a promo post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Highlighted your channel — you can 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 Author of faceplasty	477K
BZ Stay Healthy	447.7K
ZE Healthy Food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
PR PrAtein YOU	21.8K

COMPARATIVE CONCLUSION

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

SECTION 06 · MENTION DYNAMICS

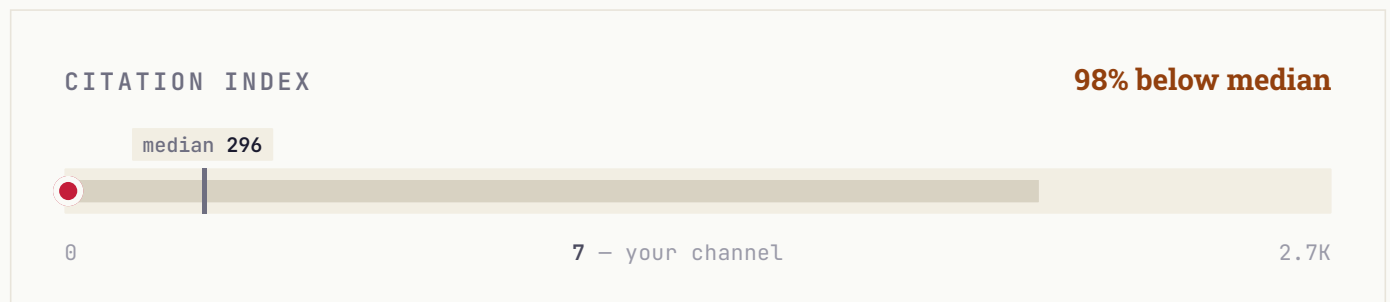
How often the channel is mentioned

Each month we track posts in other channels that mention your channel. Over the last **6 months** such mentions were **7**, they brought **1 996** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	1	1	183
December 2025	1	1	315
Nov 2025	3	3	691
Oct 2025	0	0	286
Sep 2025	1	1	273
August 2025	1	1	248
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS	
7	6	1 996	

Where the channel stands in its league

Black vertical = median. Red dot = your channel.



— SECTION 08 · 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 Saturday

Audience is most active on this day at 11:00 MSK.

EFFECT

**Best window
for an
important post**

02

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**

03

Test polls & 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

Cross-post with same-segment channels once a quarter. No need daily — 2-3 collabs bring 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 using public data.
Want to go further — run ads with us and hit your growth plan
in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
