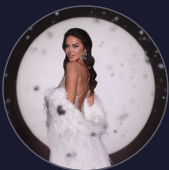


— PUBLIC REPORT BY PROMTPRESS

Channel audit

Notes

Senoritagalo | proLife



@pro_senoritagalo

Galina Rzhaksenskaya 1M+ across all socials. Host on TNT, reality show participant, social activist. Inst: @senoritagalo No. 7349933088

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
44 606	38.0%	17K
18.07.2026 -35 per month	per day 23.0%	ad reach 10.2K/24h

HTTPS://PROMTPRESS.COM/AUDIT/PRO_SENORITAGALO

— 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 growth chart

04 Ad potential

How long a post generates reach

05 Competitors

Niche neighbors · your place

06 Niche comparison

Position in category «Fashion & Beauty»

07 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 44 606 —	 SUBSCRIBER REACH 38.17% avg % of subs see post	 VIEWS/POST 17K median 17K · 22 days	 POSTS/WEEK 0.6 for the period
 7D TREND — no data for period	 REACT./POST 1116.5 2,233 reactions, 7 reposts, 22 comments	 POST LENGTH 44 chars median 44 · 22 days	 POSTS ANALYZED 2 22 days
 AD REACH 10.2K 24h avg	 CHURN / MONTH -35 last month	 CITATIONS 13 citation index · 1,000 channels mentioned ever	 CHANNEL AGE 5 years 7 months created 29.11.2020

AI EDITOR SUMMARY

Channel «Notes Senioritagalo | proLife» – 44 606 subs. Each post averages 17K people (38% from subs), good reach. Posts 1 posts per week (~0/day) – rare posts.

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 2 posts over 22 days.
- 02 Dominant format – Video (2/2 posts).
- 03 Avg post length – 44 chars (median 44).
- 04 Audience peak activity – Tuesday, 14:00 MSK.
- 05 Top posts get by 1x more views than the weakest (11.3K avg for top vs 17K for worst) – among 2 posts in 22 days. Analyze what top posts share: topic, format, timing.

TOP 2 POSTS

Nº123.06 · 11:51VIDEO	Pray for Galusik and her projects))		VIEWS	REACT.
			18 796	1 304
Nº216.07 · 10:27VIDEO	I burned out from work ... But I decided to fix it 😂		REP.	ER
			6	42.1%

WORST 2

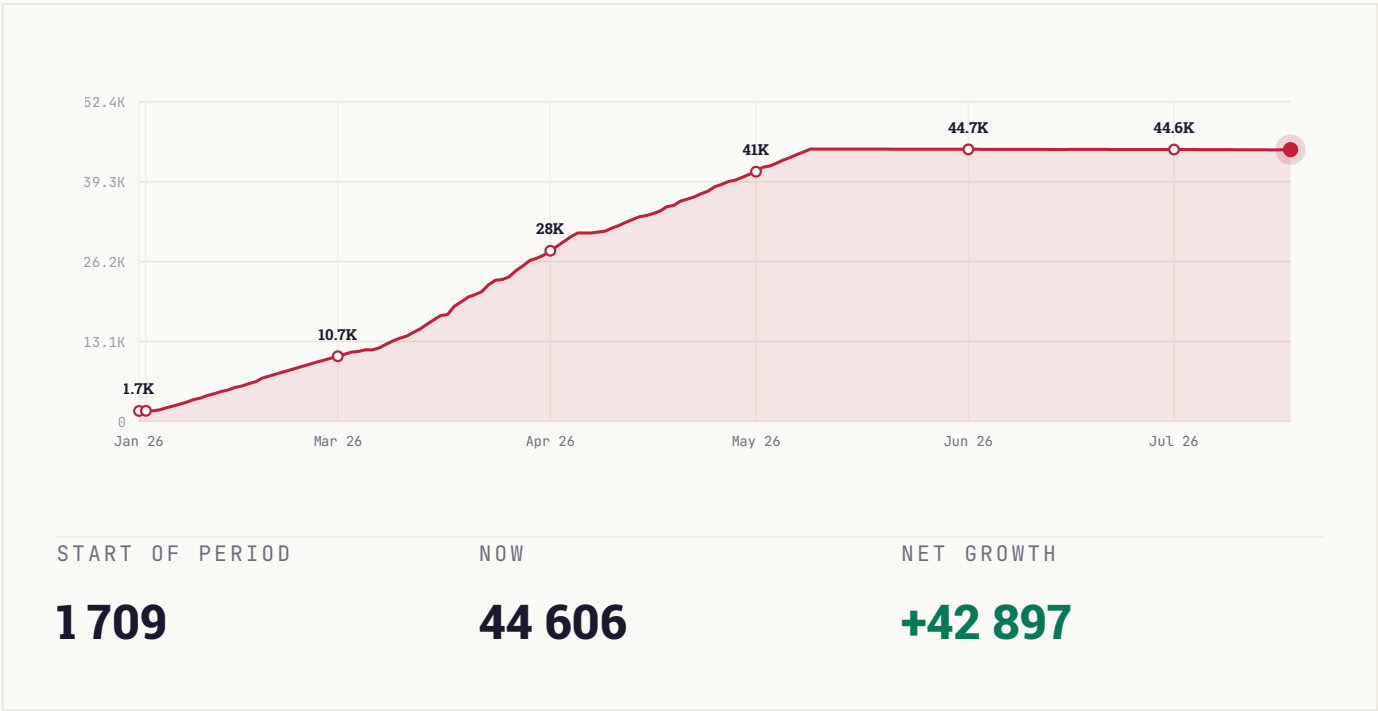
↓23.06 · 11:51VIDEO	Pray for Galusik and her projects))		VIEWS	REACT.
			18 796	1 304
			REP.	ER
			6	42.1%

↓ 16.07 · 10:27 VIDEO I burned out from work ... But I decided to fix it 😂		VIEWS	REACT.
		15 256	929
		REP.	ER
		1	34.2%

SECTION 03 · SUB DYNAMICS

Channel growth over the year

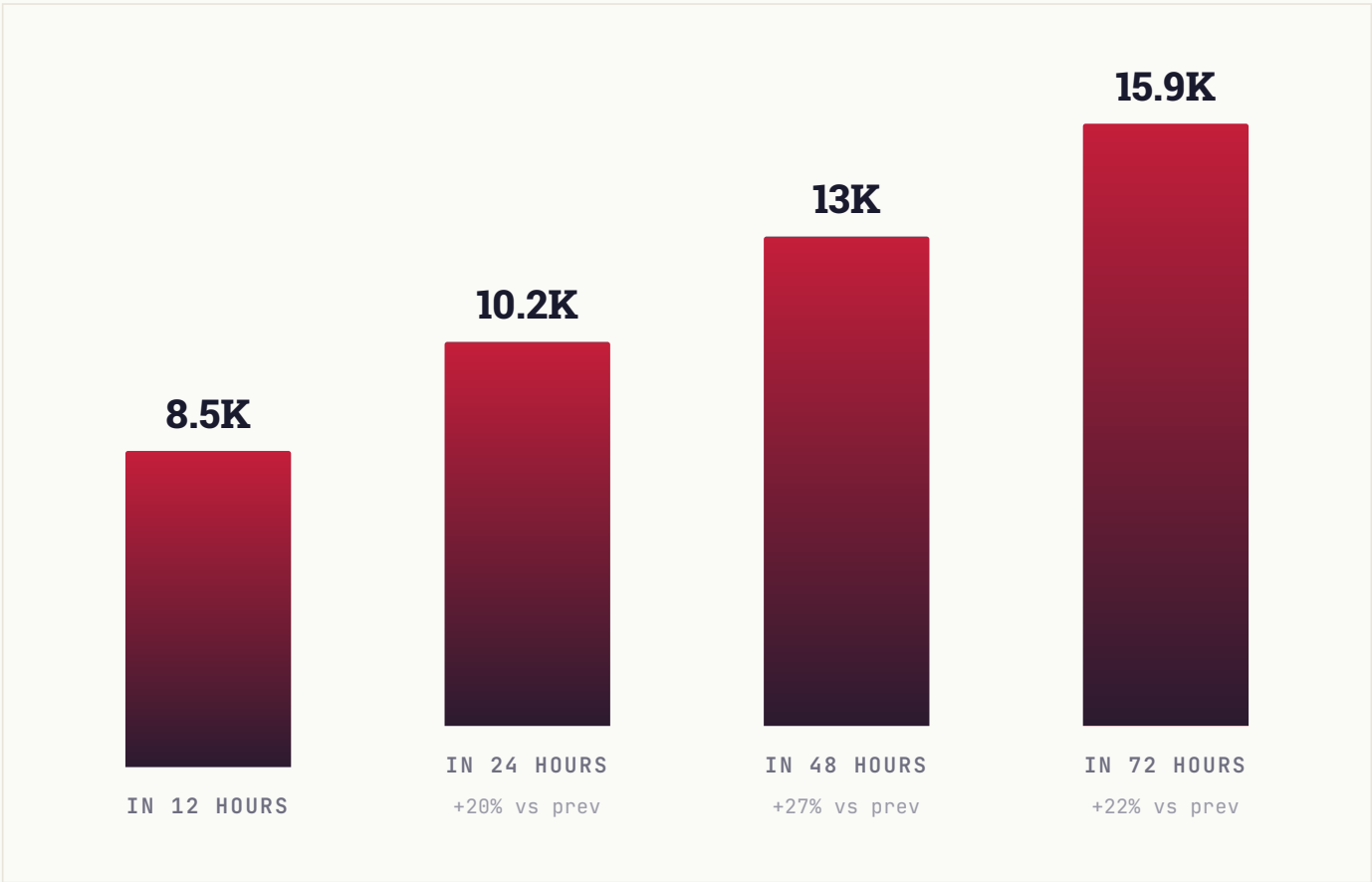
Subscriber growth over the year. Key months show exact subscriber count. See growth vs churn months.



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 stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Highlighted your channel — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
ZY Golden Apple	1M
PC Pandabuy CnFans MuleBuy ACBuy Hacco Find🔍🐼	790.3K
NN Found on Wildberries	633.3K
MI MIXIT.RU	624.7K
MJ Manicure Nails	572K
NN Finds on Wildberries / WB	533.2K
EM Elena Mixit	518K
GD Face gymnastics	472.4K
PM By fashion Trends	436K
PS Prime Savers	428.8K
ZS Notes Senioritagalo proLife YOU	44.6K

COMPARATIVE CONCLUSION

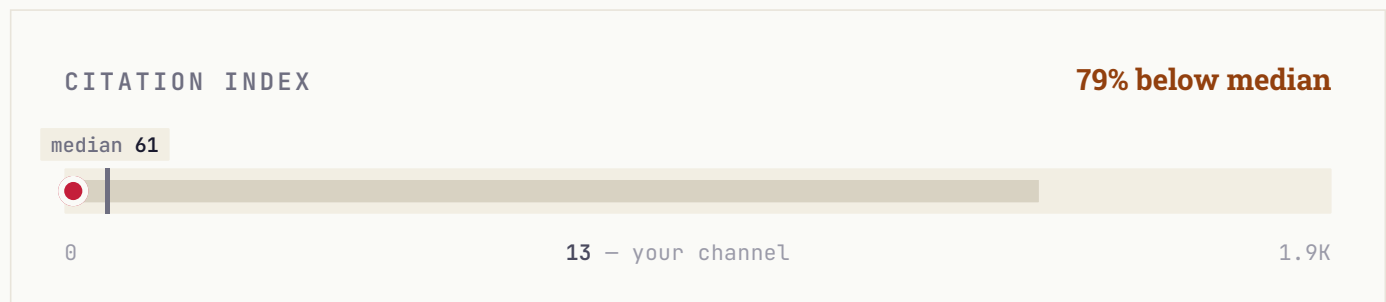
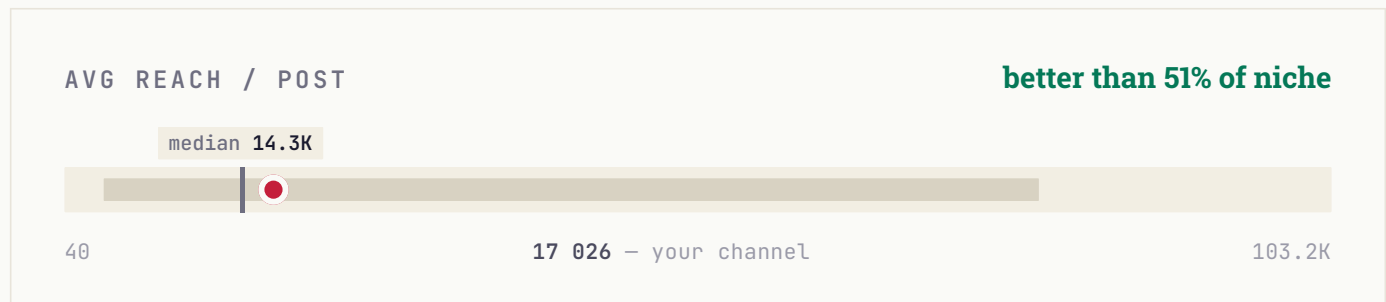
Channel yet outside top 97% of niche — early growth stage. Niche leader — Golden Apple (1M), top-97 median: 189.3K. First goal — enter top-97 via systematic traffic & content work.

Where channel stands in its league

SUBSCRIBERS 76% below median

median 189.8K

66.8K 44 606 — your channel 558.4K



— SECTION 07 · STRATEGY

What to do right now

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

01

Increase posting frequency

Now 0.6 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

Consistency > volume**02**

Best post day — Tuesday

Audience most active on this day at 14:00 MSK.

EFFECT

Best window for an important post**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 — easy growth lever.

EFFECT

+5-15% ER**05**

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

★ WHAT'S NEXT

Want us to do it PromptPress?

This audit — what we can do in minutes from public data. To go further — run ads with us and hit your growth target in a month.

01

Launch Telegram ads

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

02

Contact manager

t.me/PromptPress_manager