

PROMTPRESS PUBLIC REPORT

Channel audit

Book at 7 AM | Business | Self- Dev



@readsincemorning

We post excerpts from popular books daily to start your day interestingly. Ads (paid): @Andreycheba RKN: <https://gosuslugi.ru/snet/679c3b07b34cfc6080da2da3>

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
49 555	5.0%	2.1K
16.07.2026 -571 per month	last 24 hrs 2.5%	ad reach 1.2K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle shows the period.

 SUBSCRIBERS 49 555 -	 SUBSCRIBER REACH 4.32% avg % subs see post	 VIEWS/POST 2.1K median 2.2K · 29 days	 POSTS/WEEK 21.5 for period
 7D TREND -7.4% vs prev week	 REACTIONS/POST 39.4 only 3,588 reactions, 1,980 reposts, 0 comments	 POST LENGTH 265 chars median 118 · 29 days	 POSTS ANALYZED 91 29 days
 AD REACH 1.2K 24h avg	 CHURN / MONTH -571 last month	 QUOTABILITY 658 citation index · 937 channels mentioned all time	 CHANNEL AGE 4 years 1 month created 18.05.2022

EDITOR AI SUMMARY

Channel 'Book at 7 AM | Business | Self-Dev' — 49 555 subs. Each post avg views 2.1K people (4% subs), reach low — need to grow audience. Posts 22 posts/week (~3/day) — active. Week Jun 29–Jul 5 reach dropped -7.4% by week Jun 22–28 — worth analyzing.

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 SHARE

- 01 Analysis based on **91** posts in 29 days.
- 02 Dominant format – **Photo** (89/91 posts).
- 03 Avg post length – **265** chars (median 118).
- 04 Audience peak activity – **Wed**, 21:00 MSK.
- 05 Top posts get **2×** more views than the weakest (2.9K avg for top vs 1.6K for worst) – among 91 posts in 29 days. Worth analyzing what the top has in common – topic, format, time.

TOP 5 POSTS

Nº1 17.06 · 18:16 PHOTO «Let go of grudges against money, and it will start coming easier» ♦ Book at 7 AM	VIEWS 2 989 REPOSTS 25	REACTIONS 59 ER 6.0%
Nº2 17.06 · 10:16 PHOTO Secret of small steps – Compounding effect: big gains from small, consistent actions...	VIEWS 2 962 REPOSTS 38	REACTIONS 39 ER 6.0%
Nº3 20.06 · 17:16 PHOTO «If you aim at the stars, you'll at least hit the moon» ♦ Book at 7 AM	VIEWS 2 883 REPOSTS 15	REACTIONS 62 ER 5.8%

Nº4 20.06 • 13:16 PHOTO Meaning of money – Money itself has no value; it only gains meaning when we assign it. – In...	VIEWS 2 835 REPOSTS 14 REACTIONS 48 ER 5.7%
Nº5 16.06 • 14:16 PHOTO Warrior discipline – Self-control counterbalances inner weakness: since we tend to give in to emotions, it's important not to...	VIEWS 2 792 REPOSTS 32 REACTIONS 45 ER 5.6%

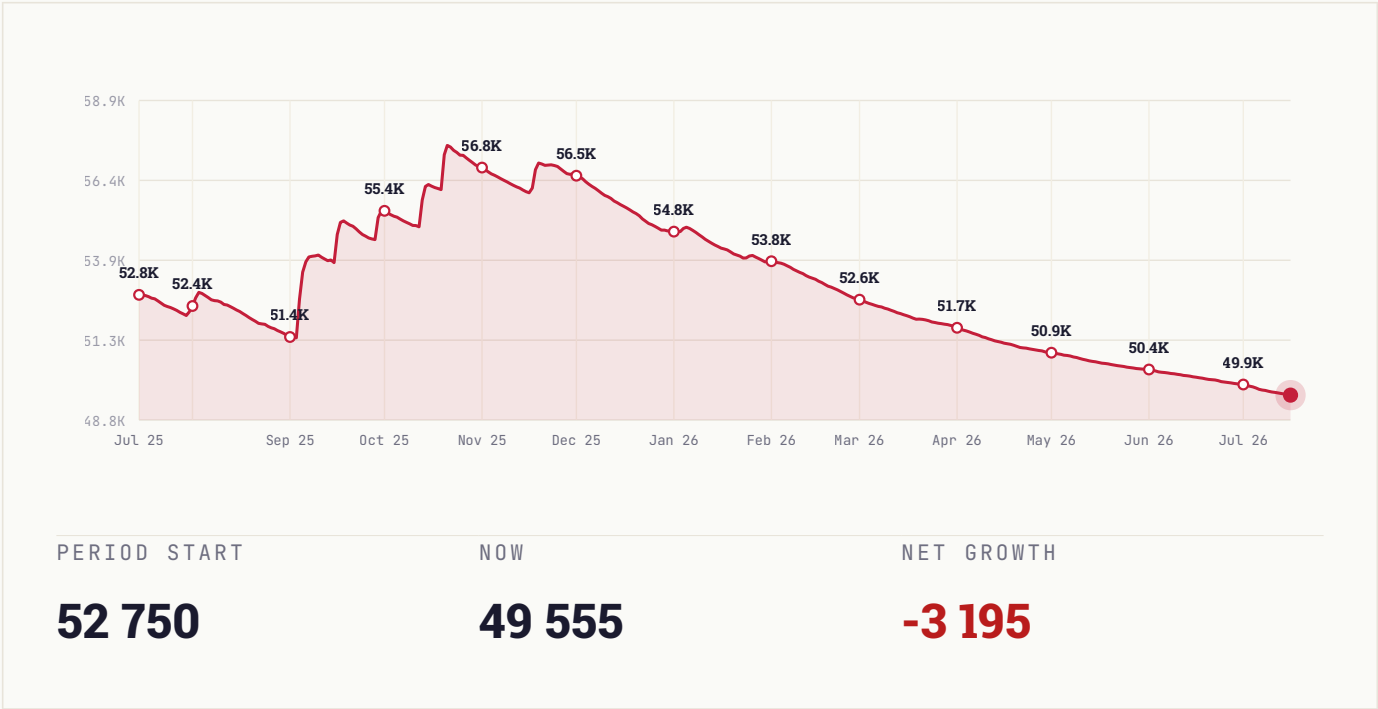
WORST 3

↓ 09.07 • 07:36 PHOTO «Those living in the illusion of stability are fragile; those living in the illusion of change are invulnerable and even antifragile» ♦ Book at 7 AM	VIEWS 1 638 REPOSTS 20 REACTIONS 37 ER 3.3%
↓ 13.07 • 04:17 PHOTO «Forget perfection and just improve» ♦ Book at 7 AM	VIEWS 1 619 REPOSTS 19 REACTIONS 36 ER 3.3%
↓ 09.07 • 15:16 PHOTO «Start first to finish first» ♦ Book at 7 AM	VIEWS 1 570 REPOSTS 18 REACTIONS 37 ER 3.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth over the year. Key months show exact subs. See gains & losses.

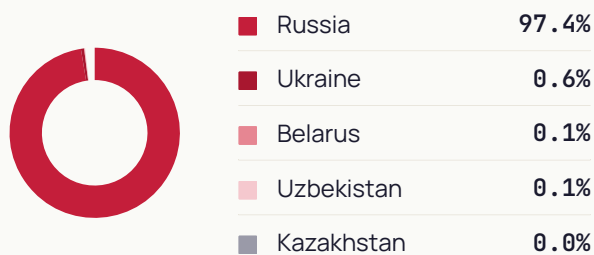


— SECTION 04 • MENTIONS

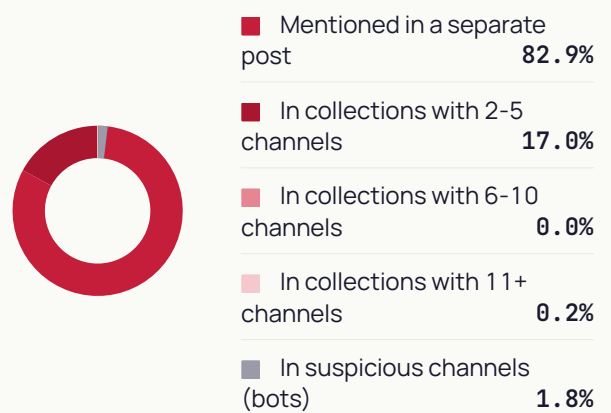
Who mentions the channel & how

Citation index **658** — channel popularity rating based on mentions. Considers not only count but also mentioner weight: a post from a 100K subs channel 'weighs' more than from a 1K one. All-time channel mentions: **937** different channels.

COUNTRIES MENTIONING



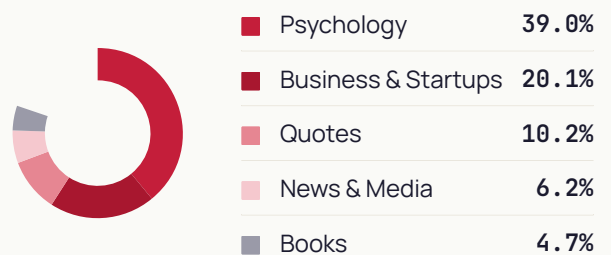
MENTION FORMAT



SIZE OF CHANNELS MENTIONING



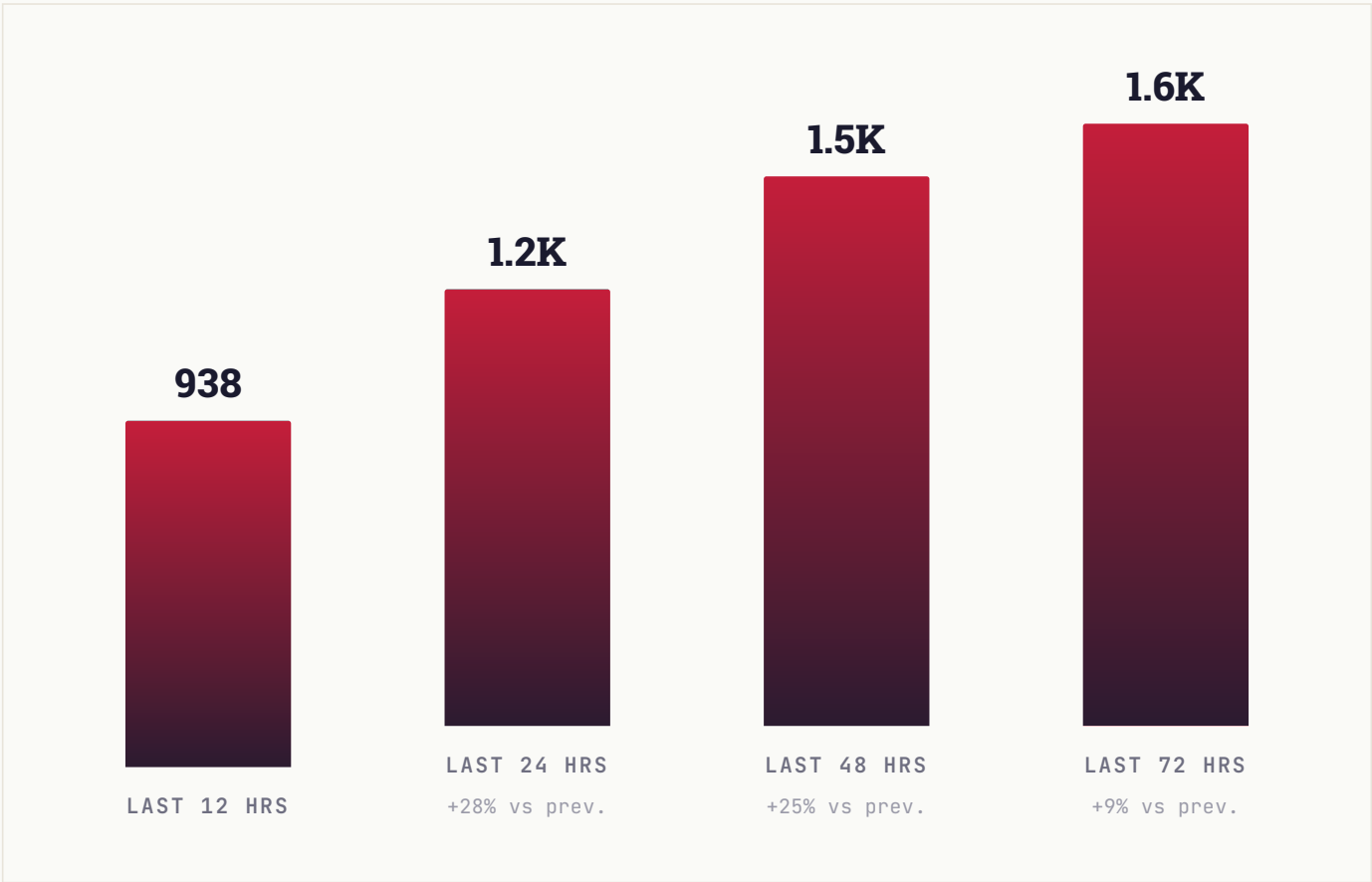
TOPICS MENTIONED IN



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 is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
S& Startups & Ventures	2.6M
VC Venture Capital	2.6M
ME Mohamed El Guazzar 🇸🇩	2.2M
IT ISHBOR Toshkent	1.4M
MO Moscow Business	1.1M
KN Million Books business blog	861.7K
RTI Roxman typing...	529.9K
AB Business Shark	502.2K
SS Merger & acquisition	469.6K
لز لباس زیر اقساطی ریزسابل	456.9K
KV Book at 7 AM Business Self-Dev YOU	49.6K

COMPARATIVE CONCLUSION

Channel not yet outside top-99 of niche — early growth stage. Niche leader — Startups & Ventures (2.6M), top-99 median: 171.4K. First goal — enter top-99 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

We track mentions of your channel in other channels monthly. Over the last **6 months** such mentions were **545**, they brought **9 524** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	45	24	237
December 2025	34	18	10
Nov 2025	47	23	985
Oct 2025	223	208	2 768
Sep 2025	149	132	4 904
August 2025	47	24	620
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS	
545	6	9 524	

Where the channel stands in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart has a light beige background with a darker beige bar indicating the range of values. A vertical line marks the median, and a red dot indicates the channel's performance. The data is as follows:

Metric	Channel Value	Median	Comparison
SUBSCRIBERS	49,555	171.2K	71% below median
AVG REACH / POST	2,143	12.6K	83% below median
CITATION INDEX	658	118	better than 76% of niche

SUBSCRIBERS 71% below median

median 171.2K

53.2K 49 555 — your channel 591.8K

AVG REACH / POST 83% below median

median 12.6K

2 2 143 — your channel 57.2K

CITATION INDEX better than 76% of niche

median 118

0 658 — your channel 1.2K

— SECTION 09 · STRATEGY

What to do right now

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

- | | | |
|-----------|--|--|
| 01 | Top post of the week — Wednesday
Audience most active on this day at 21:00 MSK. | EFFECT
Best time for important post |
| 02 | Increase video post share
Video in Telegram holds audience longer & is favored by algorithm. Aim for 15-25%. | EFFECT
Video retains audience better |
| 03 | System traffic buy
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 weekly poll on a hot topic — easy win. | EFFECT
+5-15% ER |
| 05 | Cross-promo with nearby channels
Swap posts quarterly with same-segment channels.
2-3 collabs give relevant growth — no need daily. | EFFECT
Growth from relevant audience |

★ WHAT'S NEXT

Want us to do it PromptPress?

This audit — what we can do in a few minutes from public data.
Want to go further — run ads with 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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