

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Artem Shirokov



@shirokovar

For business inquiries and purchasing streetlifting training programs, write @IvanPetrovich_admin

SUBSCRIBERS

18 900

-15 per month

ERR (% SEE POSTS)

41.0%

per day 14.4%

REACH/POST

7.5K

ad reach 2.7K/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 18 900 —	 SUBSCRIBER REACH 39.49% avg % subs see post	 VIEWS/POST 7.5K median 7.6K · 27 days	 POSTS/WEEK 3.6 over period
 7D TREND -25.2% vs previous week	 REACTIONS/POST 198.9 only 2,785 reactions, 349 reposts, 89 comments	 POST LENGTH 209 chars median 55 · 27 days	 POSTS ANALYZED 14 27 days
 AD REACH 2.7K 24h avg	 CHURN / MONTH -15 last month	 CITATION RATE 4 citation index · 18 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 11.03.2022

AI EDITOR SUMMARY

Channel «Artem Shirokov» — 18 900 subs. Each post avg views 7.5K people (39% of subs), that's good reach. Publishes 4 posts/week (~1/day) — rare posts. For week Jun 22–28 reach dropped -25.2% vs week Jun 15–21 — worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & outsiders – to see what to repeat and what to drop.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 14 posts over 27 days.
- 02 Dominant format – Video (10/14 posts).
- 03 Avg post length – 209 chars (median 55).
- 04 Audience peak – Thu, 19:00 MSK.
- 05 Top posts get 2x more views than the weakest (top avg 10K vs worst 6.1K) – among 14 posts over 27 days. Worth analyzing what the top ones share: topic, format, timing.

TOP 5 POSTS

Nº1 18.06 · 16:56 VIDEO Haven't practiced in the underground in a while	VIEWS 10 651 REP. 25	REACTIONS 220 ER 56.4%
Nº2 12.06 · 09:35 VIDEO #Feedback on zero-level program	VIEWS 9 996 REP. 14	REACTIONS 150 ER 52.9%
Nº3 09.06 · 13:15 VIDEO Hunting intensity to maintain structural integrity through function realization.	VIEWS 9 401 REP. 34	REACTIONS 250 ER 49.7%

Nº4 16.06 • 14:39 VIDEO #Feedback on zero-level program	VIEWS 9 340 REP. 9 REACTIONS 99 ER 49.4%
Nº5 15.06 • 08:33 VIDEO Reality as what we can discern Man lives not in objective reality – but in what he can...	VIEWS 9 315 REP. 96 REACTIONS 224 ER 49.3%

WORST 3

↓ 25.06 • 09:21 VIDEO Large block continues. Today 90 to 5	VIEWS 6 391 REP. 16 REACTIONS 165 ER 33.8%
↓ 02.07 • 20:26 PHOTO Valya put down roots, soaking up the natural vibe; Taras shows in practice that a true philosopher is no stranger to struggle. Nikita, in his...	VIEWS 5 965 REP. 21 REACTIONS 371 ER 31.6%
↓ 02.07 • 13:23 VIDEO About 5 OAP workouts gave a nice bonus: a personal record +15kg with lockout. Yesterday's singles: Dips 150kg x1 Pull ups 95kg x1...	VIEWS 5 934 REP. 22 REACTIONS 180 ER 31.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

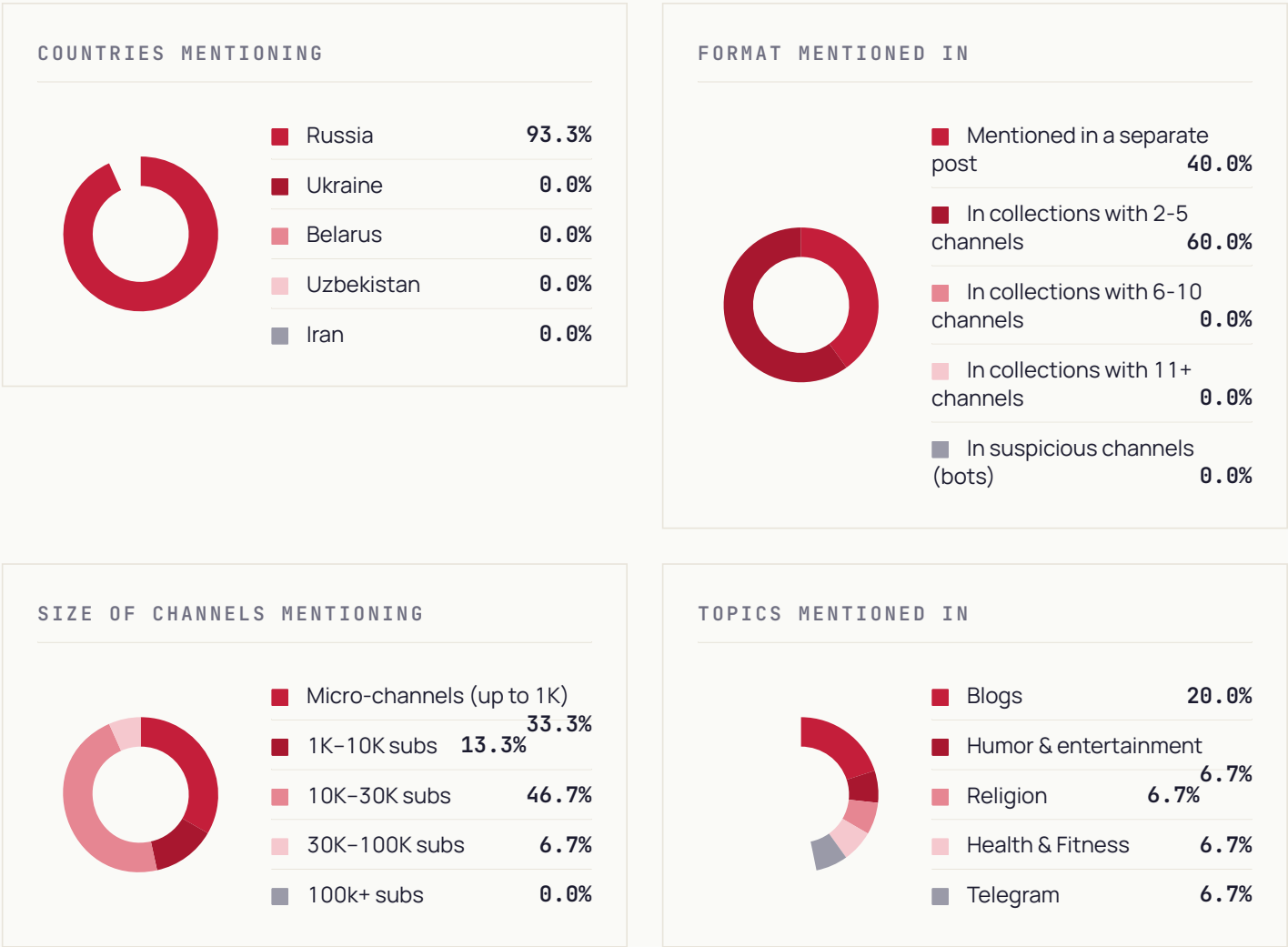
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and which it lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

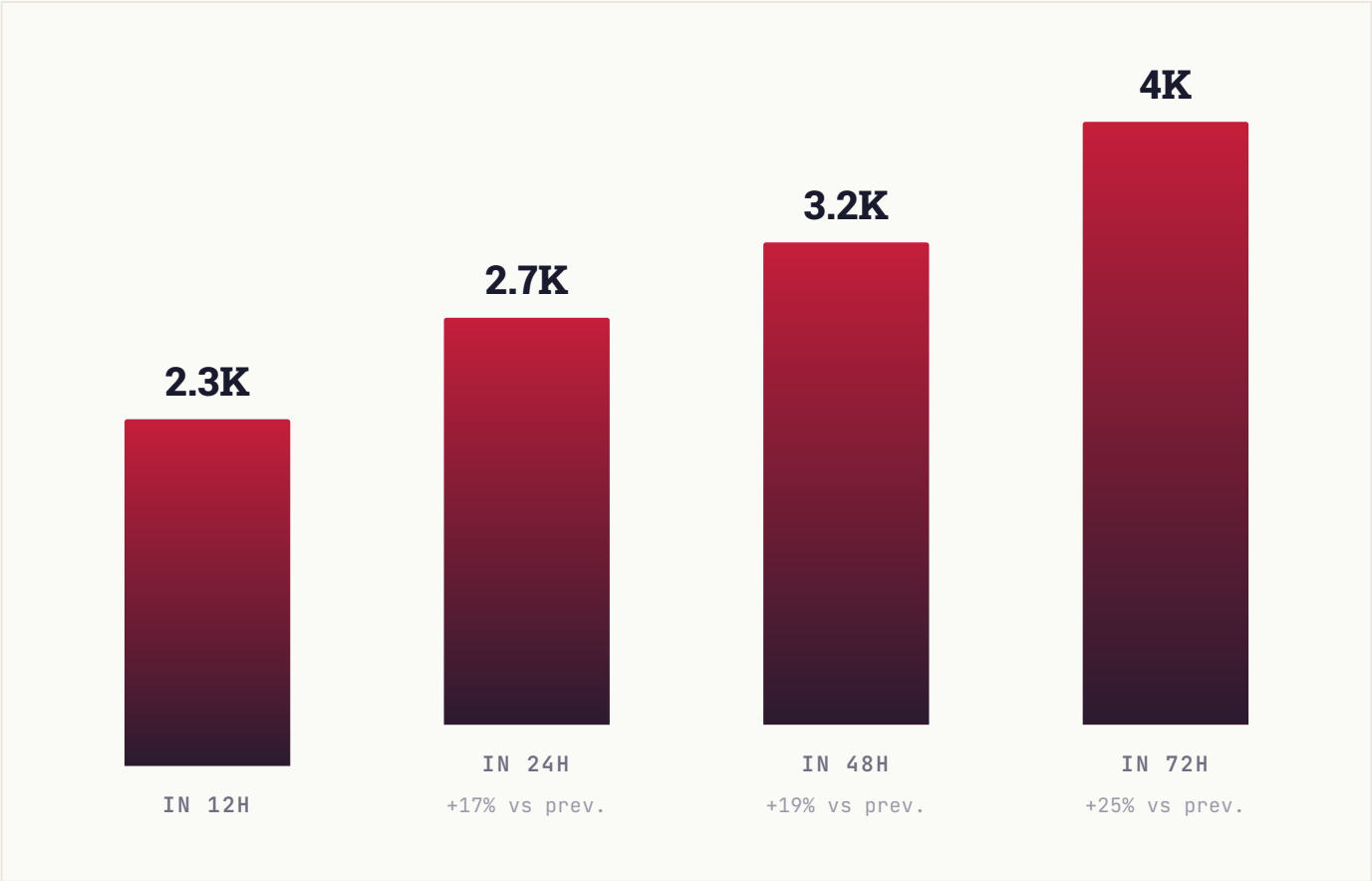
Citation index **4** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel mentioned **18** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is 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 Ulishchenko Osteopath, PhD Face plastic author	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
AS Artem Shirokov YOU	18.9K

COMPARATIVE INSIGHT

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 work on traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **2**, they brought **881** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	324	
December 2025	1	1	52	
November 2025	1	1	194	
October 2025	0	0	36	
September 2025	0	0	78	
August 2025	0	0	197	

TOTAL MENTIONS	MONTHS OF DATA	GAINED SUBSCRIBERS
2	6	881

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 bar representing the median, a darker beige bar representing the peer group, and a red dot representing the channel's performance. A vertical line marks the channel's position on the scale.

Metric	Channel Value	Median	Peer Group Range	Performance Status
SUBSCRIBERS	18,900	155.2K	42.7K - 496.4K	88% below median
AVG REACH / POST	7,463	9.1K	1.2K - 38.4K	18% below median
CITATION INDEX	4	296	0 - 2.7K	99% below median

SUBSCRIBERS 88% below median

median 155.2K

42.7K 18 900 — your channel 496.4K

AVG REACH / POST 18% below median

median 9.1K

1.2K 7 463 — your channel 38.4K

CITATION INDEX 99% below median

median 296

0 4 — 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

Increase posting frequency

Now 3.6 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Thursday

Audience is most active on this day at 19:00 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 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 is what we can do in minutes from public data. To go further — run ads with us and hit your growth plan in a month.

01

**Launch ads in
Telegram**

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

02

Contact manager

t.me/PromptPress_manager