

PUBLIC PROMTPRESS REPORT

Channel audit

Qigong Power Flow



@silapotok

Free Qigong classes!

SUBSCRIBERS

320 454

-2424 per month

ERR (% SEE POSTS)

12.0%

last 24h 4.8%

REACH/POST

34.2K

ad reach 15.5K/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 320 454 —	 SUBS REACH 10.68% avg % subs see post	 VIEWS/POST 34.2K median 36K · 28 days	 POSTS/WEEK 6.2 for period
 7D TREND -14.8% vs previous week	 REACTIONS/POST 1212.7 total 30,317 reactions, 2,819 reposts, 5,832 comments	 POST LENGTH 241 chars median 276 · 28 days	 POSTS ANALYZED 25 28 days
 AD REACH 15.5K 24h avg	 CHURN / MONTH -2424 last month	 QUOTE RATE 2 citation index · 123 channels mentioned ever	 CHANNEL AGE 4 years 4 months created 24.02.2022

AI EDITOR SUMMARY

Channel «Qigong Power of Flow» — 320 454 subs. Each post avg views 34.2K people (11% from subs), low reach — need to grow audience. Posts 6 posts/week (~1/day) — infrequent. Week 22–28 Jun reach dropped -14.8% by week 15–21 Jun — worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **25** posts over 28 days.
- 02 Dominant format – **Video** (25/25 posts).
- 03 Avg post length – **241** chars (median 276).
- 04 Peak audience activity – **Monday**, 08:00 MSK.
- 05 Top posts get **2x** more views than the weakest (44.2K avg for top vs 22.9K for worst) – among 25 posts in 28 days. Analyze what the top have in common: topic, format, timing.

TOP 5 POSTS

Nº1 12.06 · 05:36 VIDEO ★ JUN 12. GOOD JOINT WARM-UP – improve joint mobility – relieve stiffness & tension – restore lightness in...	VIEWS 45 082 REP. 109	REACTIONS 1 445 ER 14.1%
Nº2 11.06 · 05:41 VIDEO ★ JUN 11. WARM-UP + DRAG NINE COWS BY TAILS • Want to move, not save energy. • Body feels strong again...	VIEWS 44 711 REP. 102	REACTIONS 1 270 ER 14.0%
Nº3 07.06 · 05:40 VIDEO ★ JUN 7. FLOW SESSION – clarity & calm in mind – comfort & lightness in body 🧘 Join on other socials: Channel...	VIEWS 42 846 REP. 85	REACTIONS 1 261 ER 13.4%

Nº4 19.06 · 05:56 VIDEO ★ JUN 19 Today's practice gently engaged the whole body and set a good mood for the day.	VIEWS 42 631 REP. 96	REACTIONS 1 305 ER 13.3%
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Nº5 08.06 · 05:42 VIDEO ★ JUN 8. JOINT WARM-UP + LEG WORK • Steps become more confident & light • Body ready to move, not save energy •...	VIEWS 42 395 REP. 108	REACTIONS 1 330 ER 13.2%
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WORST 3

↓ 30.06 · 05:58 VIDEO ★ JUN 30. JOINT WARM-UP + BALANCE EXERCISES ✨ More confident steps ✨ More stability in movement ✨ Body holds better...	VIEWS 25 721 REP. 64	REACTIONS 1 146 ER 8.0%
↓ 01.07 · 05:41 VIDEO ★ JUL 1. ANTI-SLOUCH COMBO – open chest, easier breathing – strengthen back & neck, posture...	VIEWS 22 598 REP. 140	REACTIONS 1 248 ER 7.1%
↓ 02.07 · 05:39 VIDEO ★ JUL 2. JOINT WARM-UP WITH BREATHING EXERCISES • Body feels lighter & more mobile • Breathing becomes freer...	VIEWS 20 390 REP. 62	REACTIONS 970 ER 6.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

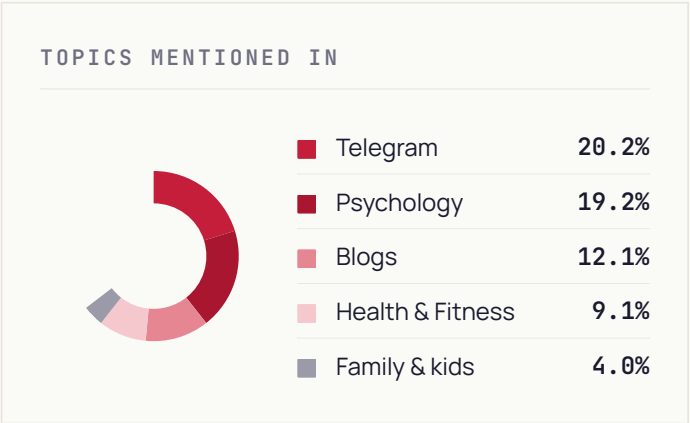
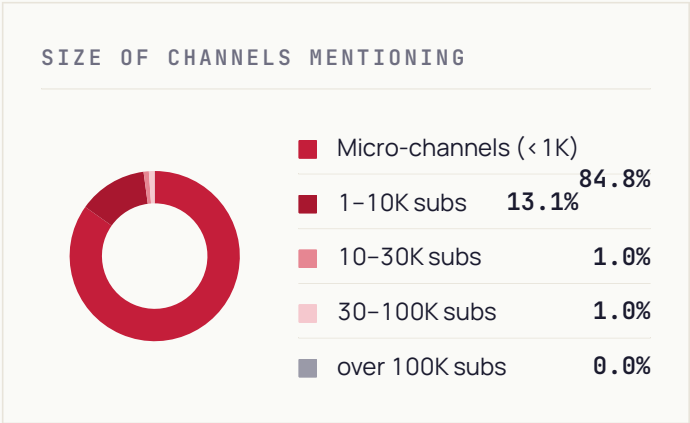
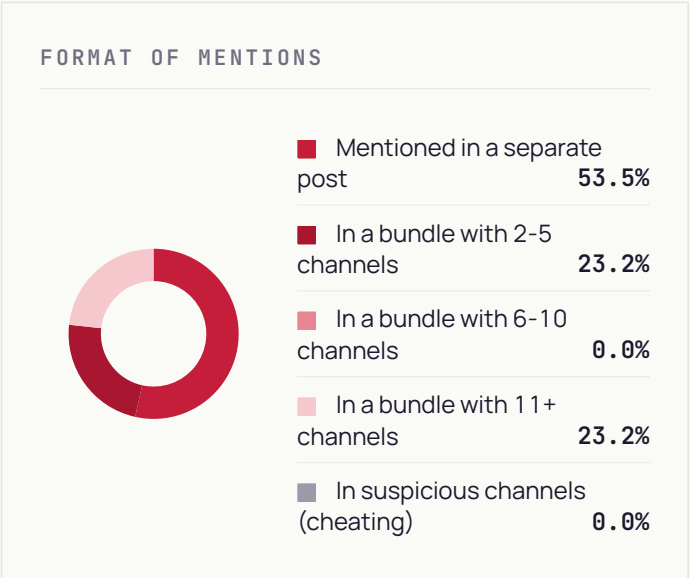
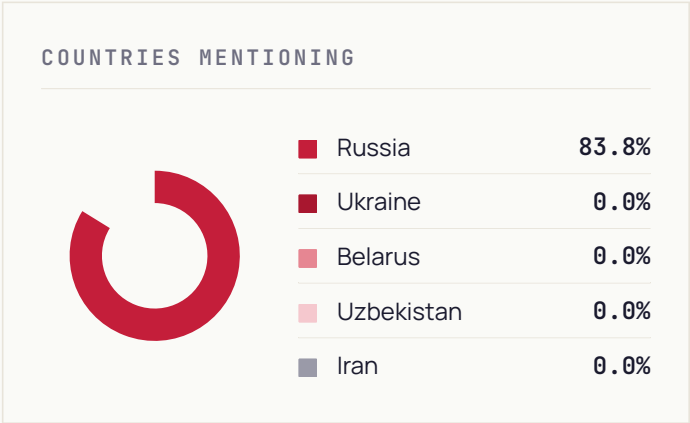
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who & how mentions the channel

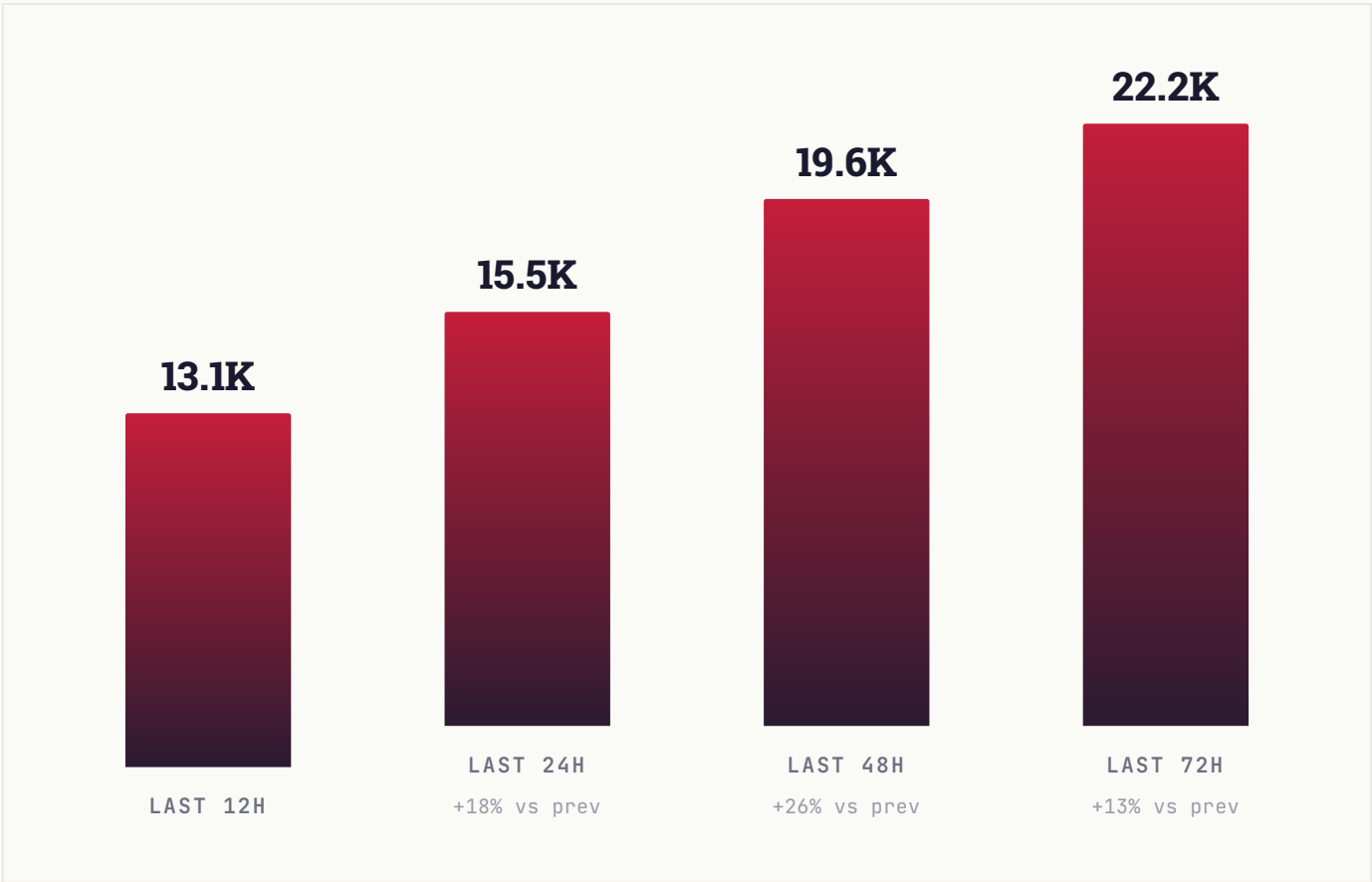
Citation index 2 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All time channel was mentioned **123** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 & audience. Your channel is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test purchase	768.4K
BI Biohackers	583.1K
BI Biohacking	533.5K
SL Sport Life	525.1K
VN Eternity in Tibet	494.1K
NT Our body	481.6K
AU Ales Ulishchenko Osteopath, PhD Faceplastic author	477.8K
BZ Stay healthy	448.2K
ZE Healthy food	417.5K
DZ Doctor Zubareva / Doctor Zubareva	413.8K
CPC Qigong Power Flow YOU	320.5K

COMPARATIVE CONCLUSION

Channel in top 25% of niche (#15 of 97). Leader — Test purchase (768.4K). Goal for coming months: enter niche top-10 through systematic traffic work.

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 **24**, they brought **15 427** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	2	2	1 815
December 2025	1	1	58
Nov 2025	17	17	5 129
Oct 2025	0	0	4 346
Sep 2025	3	3	1 832
August 2025	1	1	2 247

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
24	6	15 427

SECTION 08 · NICHE COMPARISON

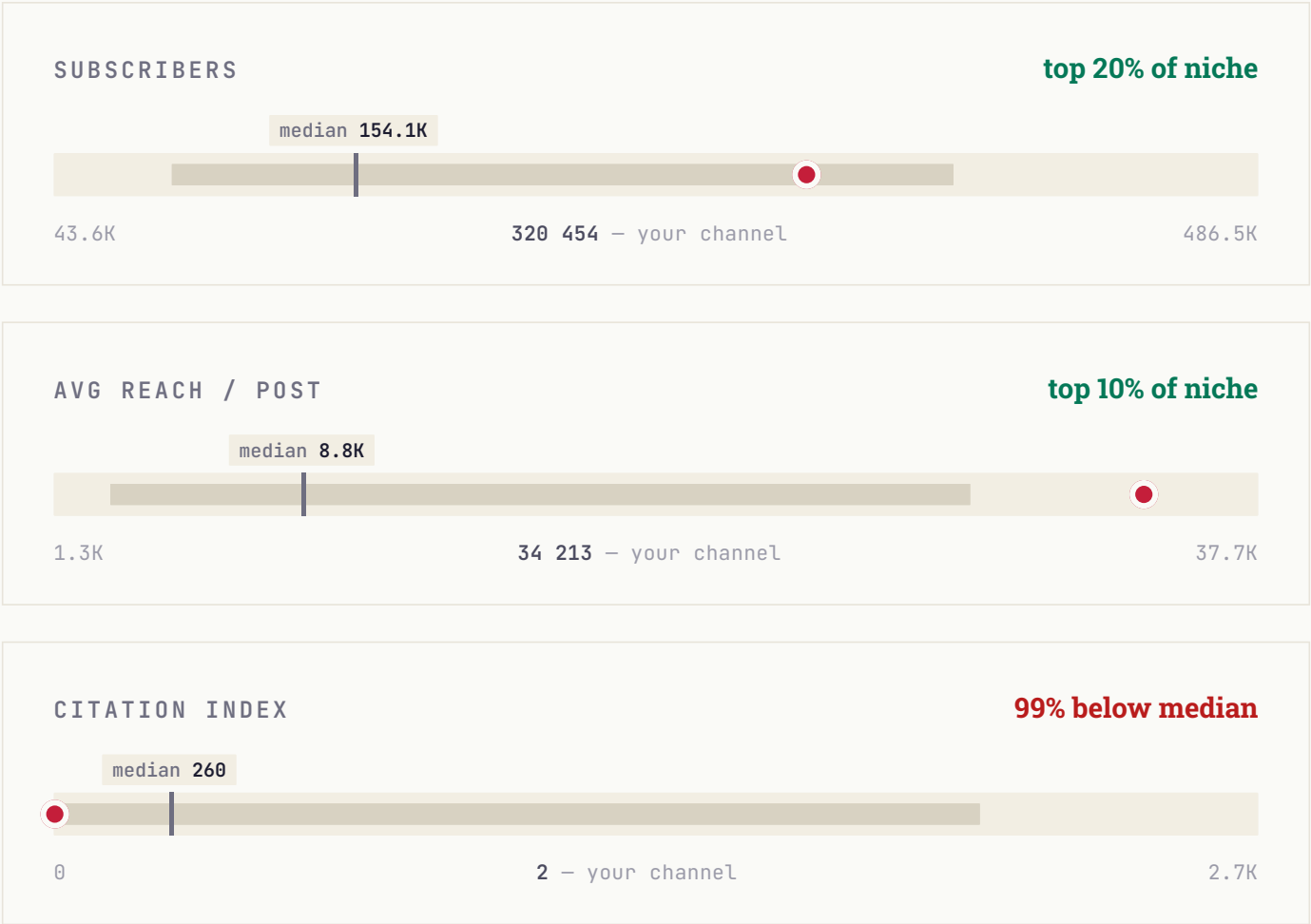
Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band: range where 80% of niche channels fall (p10 to p90). Black vertical: median. Red dot: your channel.

#15/100

RANK IN NICHE

Channel in top 15% – strong position



— 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

Main post of the week — on Monday

Audience is most active on this day at 08:00 MSK.

EFFECT

Best window for 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 typically boost ER by +5-15%. One poll per week on a hot topic is an easy growth lever.

EFFECT

+5-15% ER
- 04

Cross-promo with nearby channels

Swap posts quarterly with same-segment channels. 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 us to do this **PromptPress?**

This audit is what we can do in 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>

02

Contact manager

t.me/PromptPress_manager