

PROMTPRESS PUBLIC REPORT

Channel audit

SJBODY



@sjbodyfit

Train with us!

SUBSCRIBERS

89 430

-1198 per month

ERR (% SEE POSTS)

5.0%

in 24 hrs **2.4%**

REACH/POST

3.7K

ad reach **2.1K**/24h

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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 89 430 —	 SUBS REACH 4.11% avg % subs see post	 VIEWS/POST 3.7K median 3.7K · 28 days	 POSTS/WEEK 23.7 for the period
 7D TREND -8.2% vs prev week	 REACTIONS/POST 35.8 only 3,505 reactions, 790 reposts, 647 comments	 POST LENGTH 483 chars median 426 · 28 days	 POSTS ANALYZED 98 28 days
 AD REACH 2.1K 24h avg	 CHURN / MONTH -1198 for the last month	 CITATION RATE 11 citation index · 97 channels mentioned all time	 CHANNEL AGE 5 years 7 months created 05.11.2020

AI EDITOR SUMMARY

Channel «SJBODY» — 89 430 subs. Each post averages 3.7K people (4% of subs), low reach — consider expanding audience. Publishes 24 posts per week (~3/day) — active publishing. For week 15–21 Jun reach dropped -8.2% to week 8–14 Jun — worth analyzing reasons.

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 SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **98** posts in 28 days.
- 02 Dominant format — **Video** (66/98 posts).
- 03 Avg post length — **483** chars (median 426).
- 04 Audience peak — **Tuesday**, 08:00 MSK.
- 05 Top posts get **2x** more views than the weakest (5.5K avg for top vs 2.5K for worst) — among 98 posts in 28 days. Analyze what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 02.06 · 09:38 PHOTO !? Fat or swelling? How to tell? ☒ Here's something joyful. Basically, if you're fat, it's not necessarily that you're fat. Let me explain...	VIEWS	REACTIONS
	5 753	26
	REPOSTS	ER
	9	6.4%
Nº2 06.06 · 09:40 PHOTO ☒ I tried weight loss hacks on myself and they worked! Stories. ☒ So we decided it's been a while since we "went out to the people"...	VIEWS	REACTIONS
	5 458	25
	REPOSTS	ER
	7	6.1%
Nº3 01.06 · 07:12 VIDEO !? HOW DO BLOGGERS MAKE IT WORK? ☒ Making videos is great, but monetization is tricky. So main income...	VIEWS	REACTIONS
	5 271	38
	REPOSTS	ER
	19	5.9%

Nº4 02.06 • 05:03 VIDEO ☒Morning 150 already in Crimea))	VIEWS 5 219 REPOSTS 10 REACTIONS 129 ER 5.8%
Nº5 03.06 • 09:32 PHOTO !?: If detox is a scam, why so many rave reviews? ☑ We've already figured out that all detox programs are legalized...	VIEWS 4 948 REPOSTS 2 REACTIONS 25 ER 5.5%

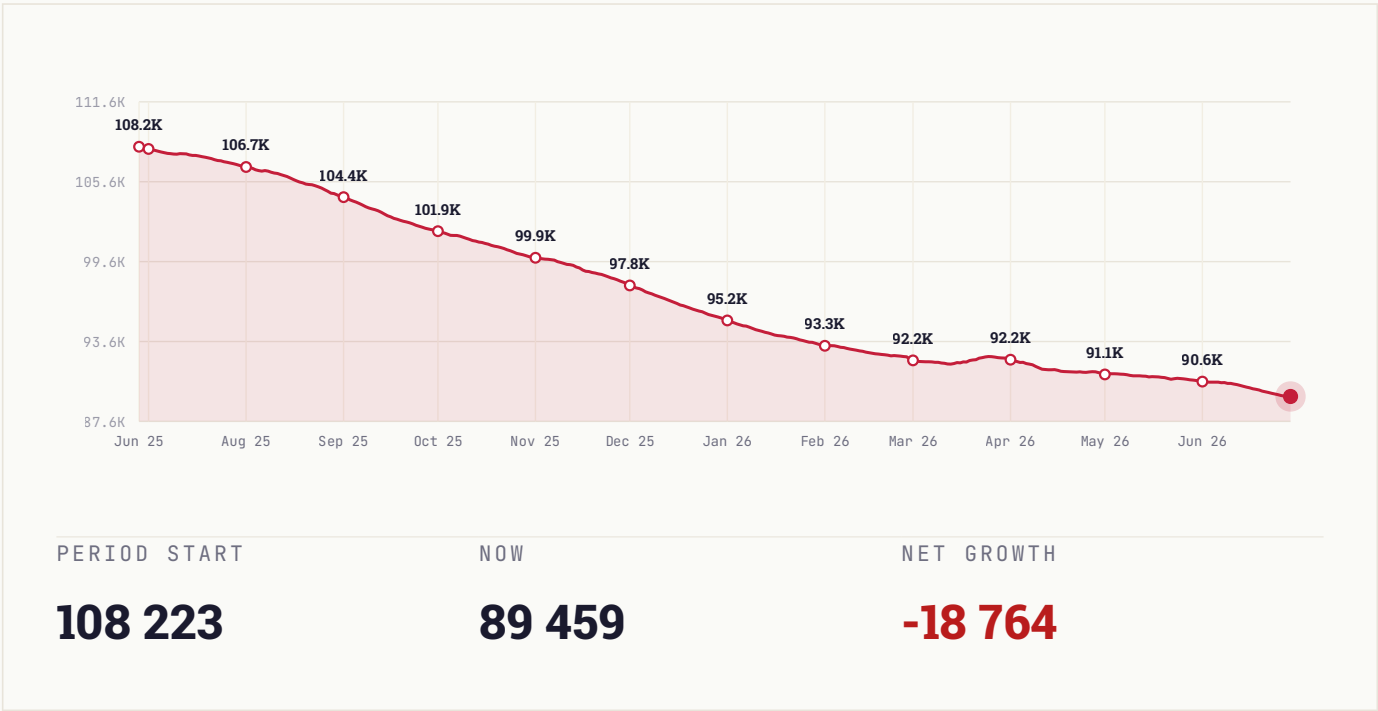
WORST 3

↓ 26.06 • 10:16 VIDEO (captionless post – video)	VIEWS 2 611 REPOSTS 4 REACTIONS 33 ER 2.9%
↓ 26.06 • 05:05 VIDEO (captionless post – video)	VIEWS 2 602 REPOSTS 2 REACTIONS 35 ER 2.9%
↓ 26.06 • 08:02 VIDEO !?: HOW TO CREATE A LEAD MAGNET? ☒ Online sales are weird. To get someone to buy, you first need to give something...	VIEWS 2 245 REPOSTS 13 REACTIONS 19 ER 2.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

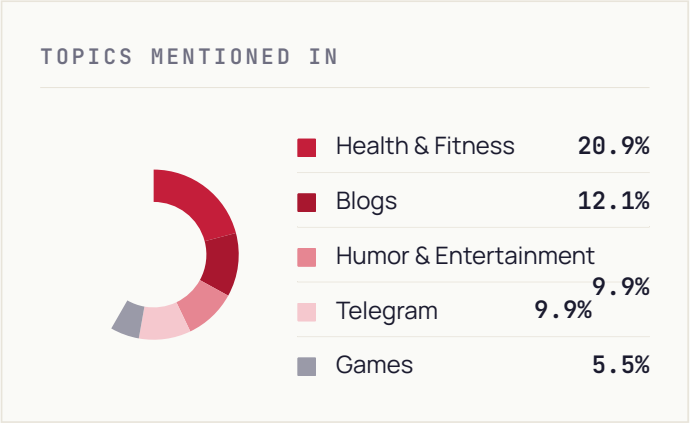
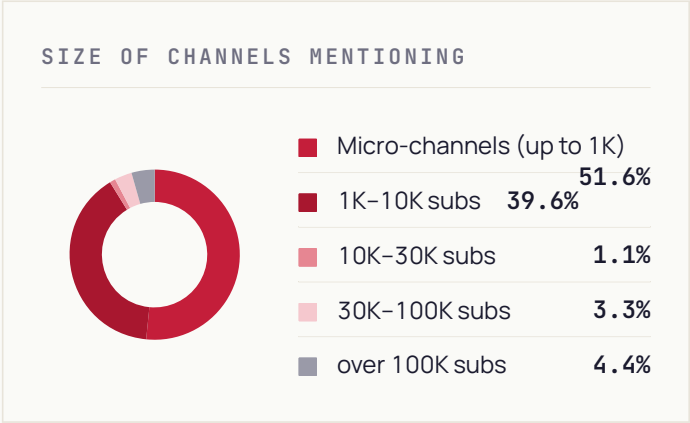
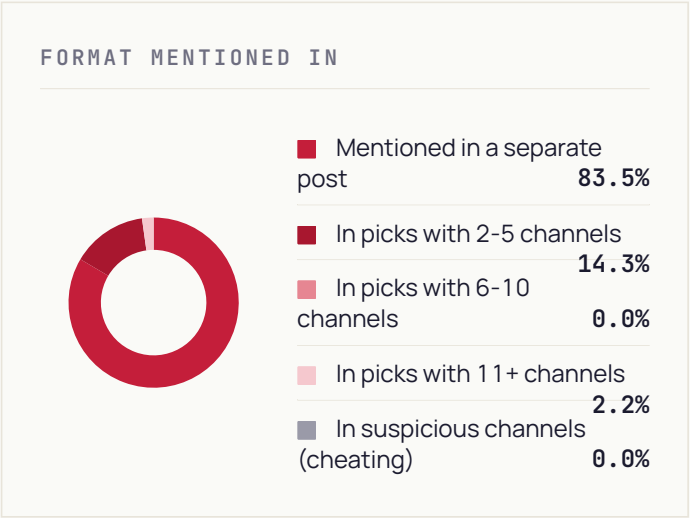
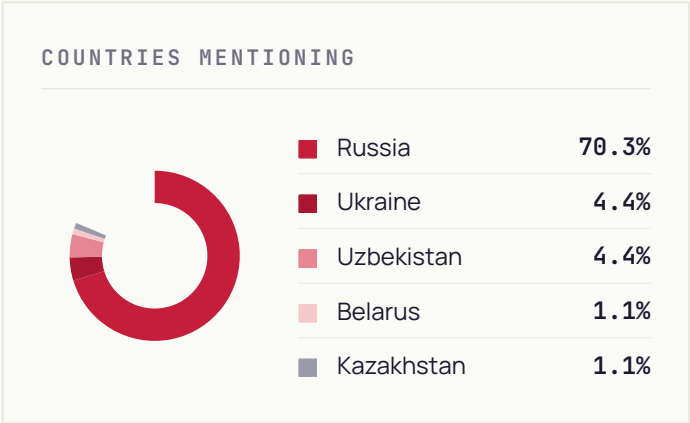
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

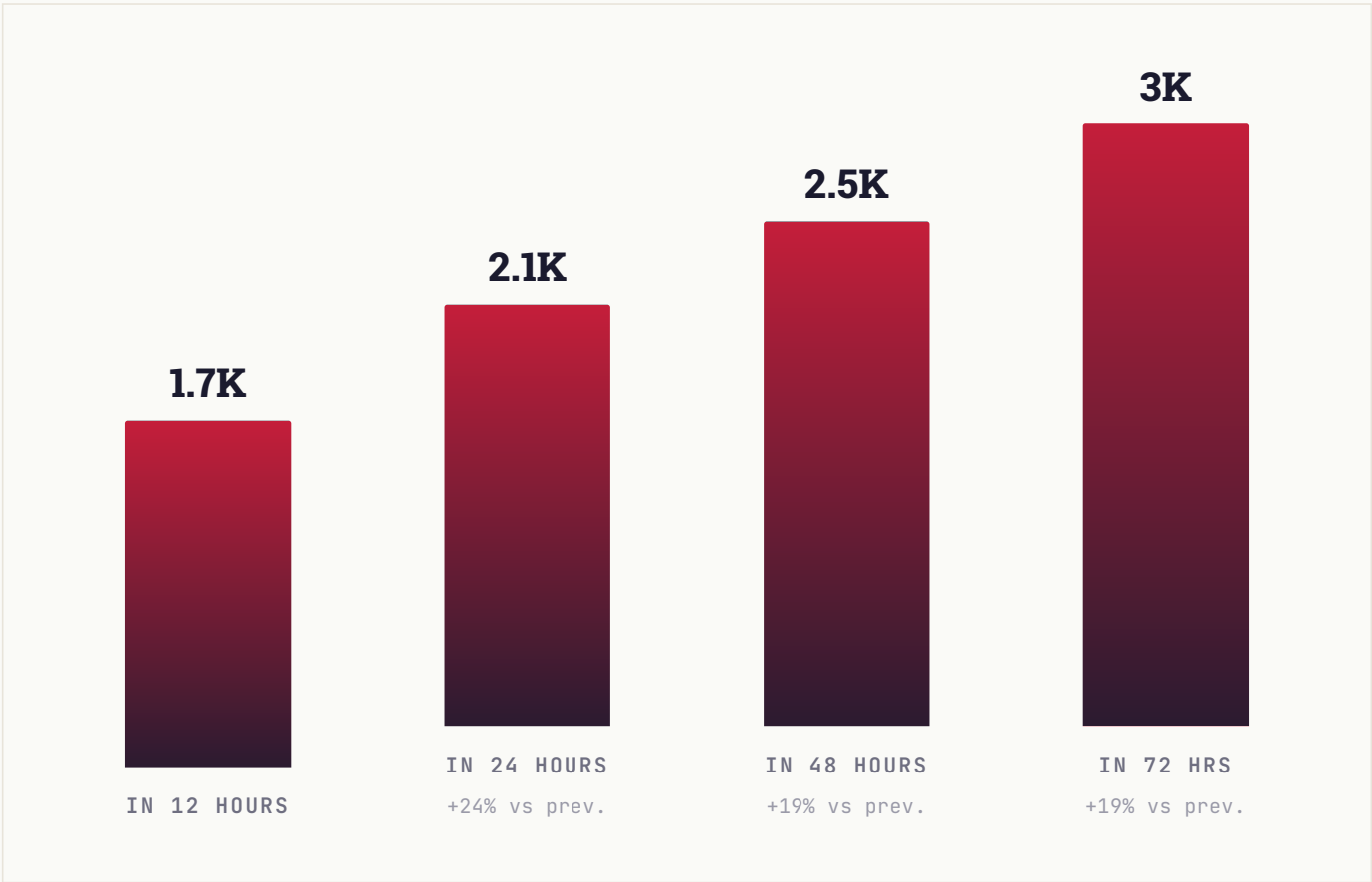
Citation index **11** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time channel mentions **97** different channels.



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 and audience. Your channel is highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
KZ Test purchase	771.1K
BI Biohackers	584.6K
BI Biohacking	534.6K
GS GymDeals- Supplements & Whey Protein Offers	533.5K
SL Sport Life	526.2K
VN Eternity in Tibet	495.4K
NT Our body	482.5K
AU Ales Ulischenko Osteopath, PhD Faceplastics author	478.7K
BZ Stay Healthy	448.8K
SJ SJBODY YOU	89.4K

COMPARATIVE CONCLUSION

Channel not yet outside niche top 96 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M), top-96 median: 163.3K. First goal — enter top-96 through systematic traffic and content work.

SECTION 07 · MENTION TRENDS

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 **5**, they brought **72** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
December 2025	1	1	0	
Nov 2025	0	0	0	
Oct 2025	0	0	0	
Sep 2025	3	2	0	
August 2025	1	1	36	
July 2025	0	0	36	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
5	6	72

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 of 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.



— SECTION 09 · STRATEGY

What to do right now

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

- 01

Main post of the week — on Tuesday

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

EFFECT

Best time for key posts
- 02

ER below niche benchmark — rethink formats

Current ER 4.11% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+2.9pp ER
- 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 weekly poll on a hot topic — easy win.

EFFECT

+5-15% ER
- 05

Cross-promo with neighboring channels

Swap posts quarterly with same-segment channels. No need daily — 2-3 collabs give relevant growth.

EFFECT

Growth from relevant audience

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — 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 ad

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

02

Contact manager

t.me/PromptPress_manager
