

PROMTPRESS PUBLIC REPORT

Channel audit

Perfect Organism



@sov_org

Most effective knowledge about natural body healing! Nutrition, movement, breathing, herbs, acupoints, etc. Registered in the RKN list: <https://clck.ru/3FWJZy> Admin -...

SUBSCRIBERS

88 657

-526 per month

ERR (% SEE POSTS)

7.0%

per day 2.9%

REACH/POST

5.5K

ad reach 2.6K/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 88 657 —	 SUBSCRIBER REACH 6.18% avg % of subs see post	 VIEWS/POST 5.5K median 5.7K · 29 days	 POSTS/WEEK 12.7 for the period
 7D TREND -3.1% vs previous week	 REACTIONS/POST 80.5 total 4,269 reactions, 5,204 reposts, 0 comments	 POST LENGTH 671 chars median 694 · 29 days	 POSTS ANALYZED 53 29 days
 AD REACH 2.6K 24h avg	 CHURN / MONTH -526 last month	 QUOTE RATE 928 citation index · 1,022 channels mentioned ever	 CHANNEL AGE 3 years 8 months created 08.10.2022

AI EDITOR SUMMARY

Channel «Perfect Organism» — 88 657 subs. Each post averages 5.5K people (6% of subs), reach is low — consider expanding audience. Publishes 13 posts per week (~2/day) — consistent schedule. For week Jun 15–21, reach stable (-3.1% vs week 8–14 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 53 posts in 29 days.
- 02 Dominant format — Photo (43/53 posts).
- 03 Avg post length — 671 characters (median 694).
- 04 Audience peak activity — Wednesday, 11:00 MSK.
- 05 Top posts get 2x more views than the weakest (7.1K avg for top vs 4.1K for worst) — among 53 posts in 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 06.06 · 04:30 VIDEO How to quickly reduce anxiety in 1 minute ☒ #breathing © Perfect Organism Vote for channel ☒ We're on MAX	VIEWS 7 358 REPOSTS 225	REACTIONS 99 ER 8.3%
Nº2 01.06 · 08:03 PHOTO The brain needs silence... to work properly — research shows two hours of silence triggers new cell growth in the hippocampus...	VIEWS 7 146 REPOSTS 134	REACTIONS 129 ER 8.1%
Nº3 03.06 · 08:00 PHOTO Eyes are the mirror of the soul, and nails are the mirror of health Pt.1 I was once surprised how subtly you can diagnose deficiencies of certain...	VIEWS 6 825 REPOSTS 64	REACTIONS 74 ER 7.7%

Nº4 01.06 • 04:00 PHOTO 3 reasons to swap sugar for honey ☞ 1☞ Honey doesn't cause weight gain as much Honey may slightly reduce production of...	VIEWS 6 794 REPOSTS 49 REACTIONS 71 ER 7.7%
Nº5 31.05 • 04:30 PHOTO How to help with sinusitis Sinusitis is a very unpleasant disease. Try this recipe. Many say it helps! ☞ Need...	VIEWS 6 772 REPOSTS 116 REACTIONS 71 ER 7.6%

WORST 3

↓ 23.06 • 16:00 PHOTO All good in moderation ☹ I often hear criticism of coffee... and most often it's justified! But to be fair, let me add a little...	VIEWS 4 508 REPOSTS 23 REACTIONS 70 ER 5.1%
↓ 26.06 • 04:00 PHOTO What to drink in a sauna? ☞ Only water – it best maintains hydration. Other drinks (tea, kvass, juices) trigger digestion...	VIEWS 4 124 REPOSTS 61 REACTIONS 75 ER 4.7%
↓ 26.06 • 17:15 PHOTO Is snacking bad? Heard that phrase... actually, it's not true. If you're active and work hard, healthy snacks, on the contrary...	VIEWS 3 579 REPOSTS 26 REACTIONS 69 ER 4.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

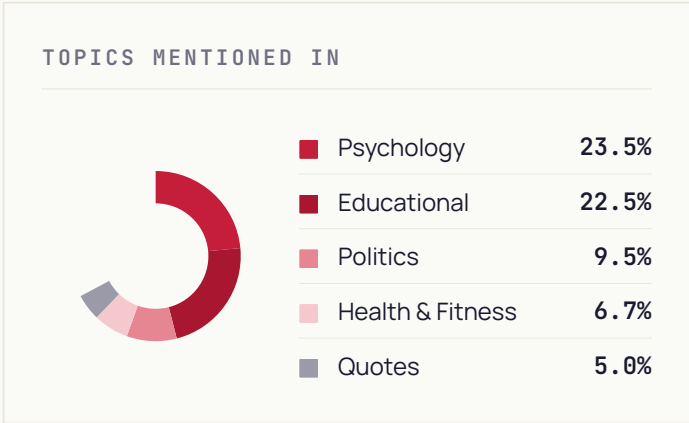
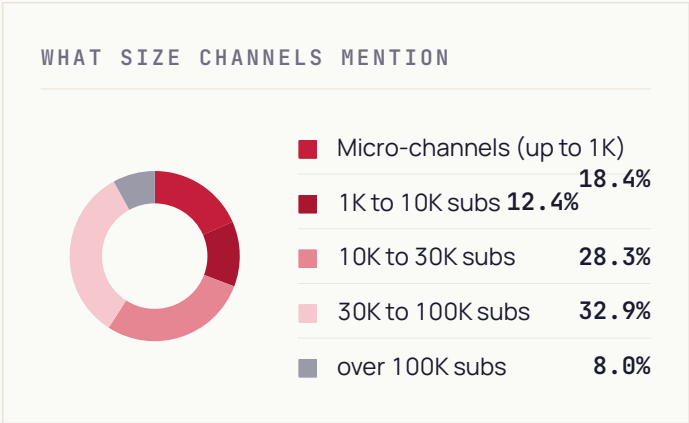
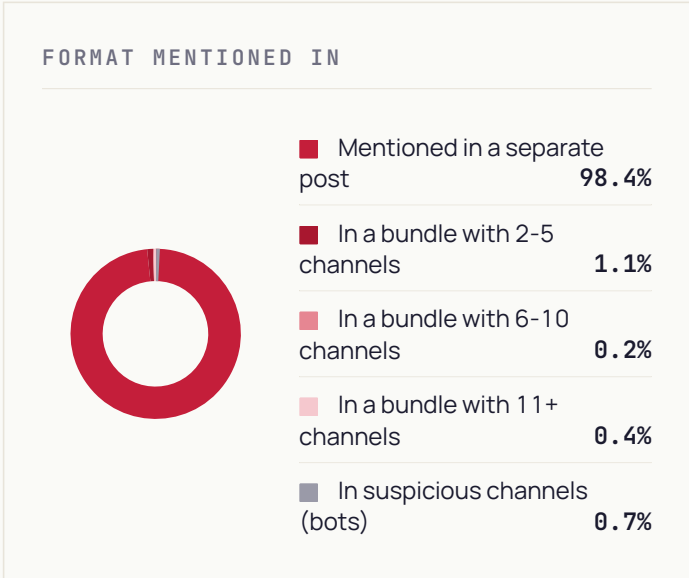
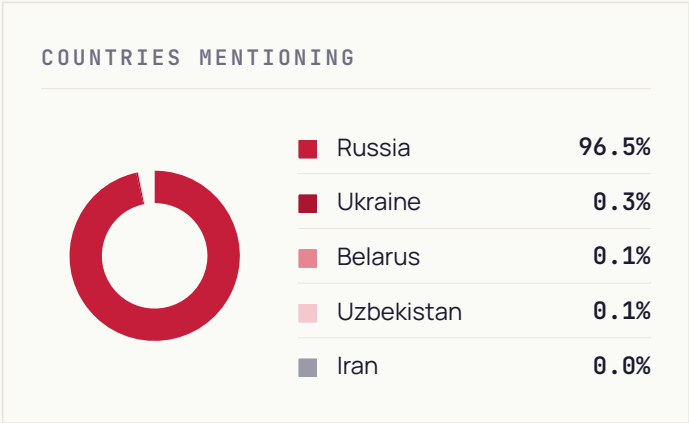
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

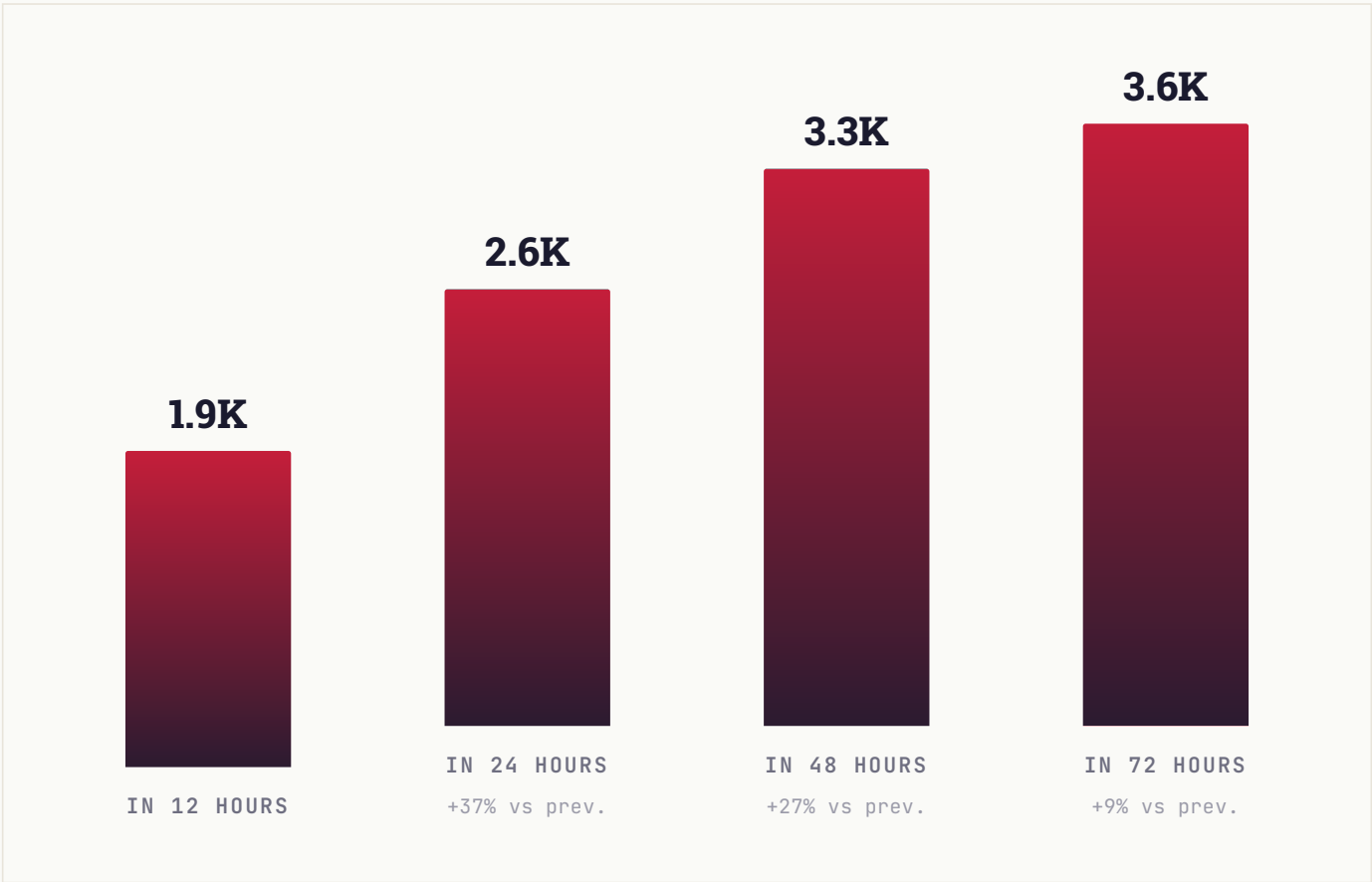
Citation index **928** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All time channel was mentioned **1 022** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	770.1K
BI Biohackers	583.9K
BI Biohacking	534.2K
SL Sport Life	525.7K
VN Eternity in Tibet	494.9K
NT Our body	482.1K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	478.4K
BZ Stay Healthy	448.6K
ZE Healthy food	418.1K
HW Doctor Zubareva / Doctor Zubareva	414.2K
SO Perfect Organism YOU	88.7K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#89 of 97). Niche median — 152.2K subs. First growth KPI — reach median. Leader: Test purchase (770.1K).

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 **239**, they brought **8 030** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	37	36	885
Nov 2025	51	51	1 457
Oct 2025	42	41	1 394
September 2025	43	37	1 355
August 2025	29	28	984
July 2025	37	33	1 955

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
239	6	8 030

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

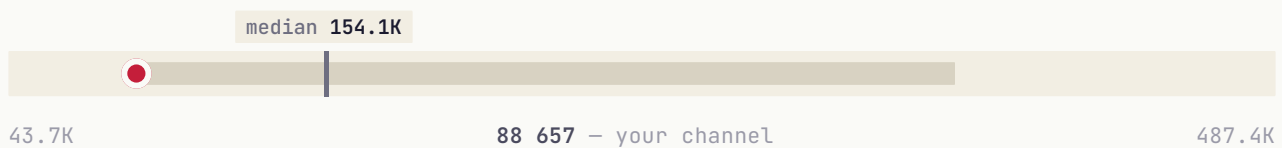
Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range of 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#89 /100

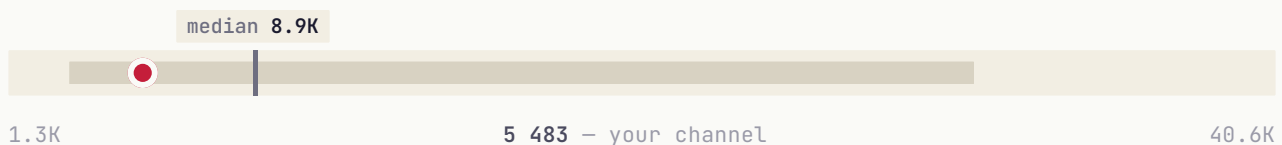
RANK IN NICHE

Channel in the bottom half of the ranking

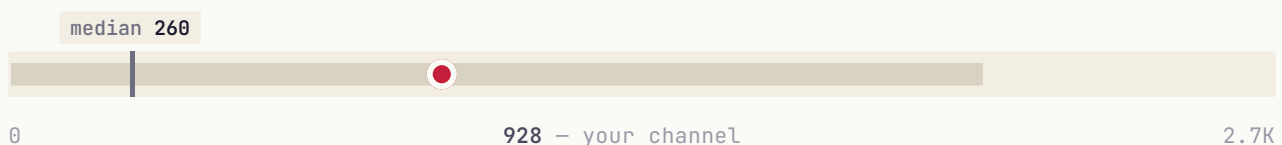
SUBSCRIBERS

42% worse than median

AVG REACH / POST

38% worse than median

CITATION INDEX

better than 64% of niche

— 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

Top post of the week — on Wednesday

Audience is most active on this day at 11:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 6.18% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+0.8pp 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 and interactive formats

Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic is an easy win.

EFFECT

+5-15% ER

05

Cross-promo with similar channels

Swap posts with same-segment channels once a quarter. 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 a few minutes based on public data. Want to go further — run ads through 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
