

PUBLIC PROMTPRESS REPORT

Channel audit

Svetlana Travnica



@svetlana_travnica

My name is Svetlana, I live in Ust-Kamenogorsk, Kazakhstan. Hobby: studying herbs and their healing properties. Decided to share my experience and knowledge with you. For inquiries:...

SUBSCRIBERS

30 205

+786 per month

ERR (% SEE POSTS)

16.0%

daily 5.2%

REACH/POST

4.9K

ad reach 1.6K/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 was calculated for.

 SUBSCRIBERS 30 205 —	 SUBSCRIBER REACH 16.21% avg % subs see post	 VIEWS/POST 4.9K median 4.4K · 22 days	 POSTS/WEEK 4.0 for period
 7D TREND -20.5% vs previous week	 REACTIONS/POST 159.6 total 2,075 reactions, 352 reposts, 126 comments	 POST LENGTH 567 chars median 997 · 22 days	 POSTS ANALYZED 13 22 days
 AD REACH 1.6K 24h avg	 CHURN / MONTH +786 last month	 QUOTABILITY 0 citation index · 3 channels mentioned ever	 CHANNEL AGE 5 years 7 months created 11.11.2020

AI EDITOR SUMMARY

Channel «Svetlana Travnica» — 30 205 subs. Each post avg views 4.9K people (16% of subs), avg reach — room to grow. Publishes 4 posts/week (~1/day) — rare. Week Jun 22–28 reach dropped -20.5% to week Jun 15–21 — analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS SHARE

- 01 Analysis based on 13 posts in 22 days.
- 02 Dominant format – Video (13/13 posts).
- 03 Avg post length – 567 chars (median 997).
- 04 Peak audience activity – Saturday, 11:00 ALMT.
- 05 Top posts get 2x more views than weakest (6.4K avg top vs 3.5K worst) – among 13 posts in 22 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 06.06 · 06:12 VIDEO Onosma – herb for urinary system, inflammation, kidneys, bladder, and women's health. Treats: - cystitis - frequent urination - burning...	VIEWS 6 584 REP. 56	REACTIONS 126 ER 21.8%
Nº2 08.06 · 13:13 VIDEO Beauty of East Kazakhstan. May everyone have a wonderful time!!!	VIEWS 6 515 REP. 5	REACTIONS 206 ER 21.6%
Nº3 06.06 · 13:46 VIDEO Beauty to all and a great positive weekend!!!	VIEWS 6 147 REP. 5	REACTIONS 183 ER 20.4%

Nº4 04.06 · 16:27 VIDEO Getting to know Crimean astragalus. What diseases it helps with: - cerebrovascular accident - vascular dizziness...	VIEWS 6 124 REACTIONS 166 REP. 75 ER 20.3%
Nº5 11.06 · 11:01 VIDEO Potentilla erecta, galangal - a very strong herb. Its root is in many of my blends, used for: - diarrhea...	VIEWS 5 743 REACTIONS 129 REP. 48 ER 19.0%

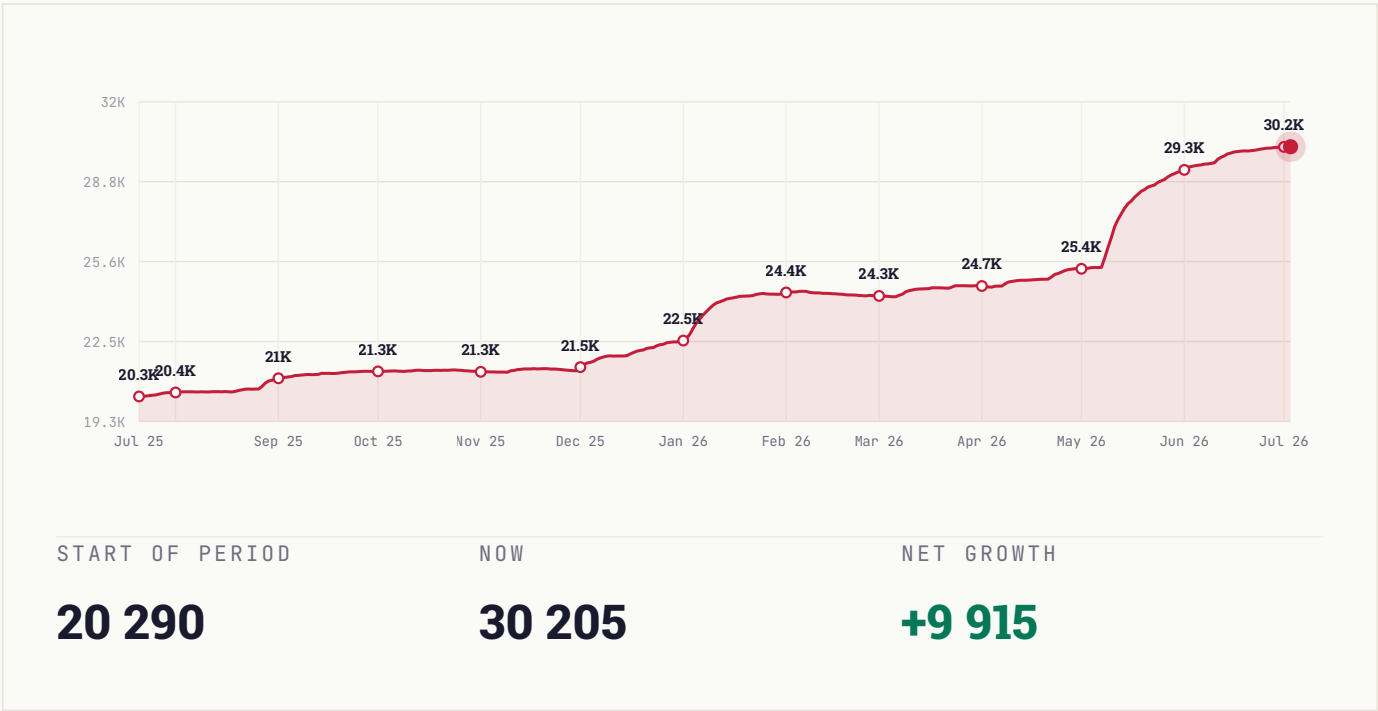
WORST 3

↓ 20.06 · 08:14 VIDEO Dictamnus albus, burning bush — a very strong plant, long valued in folk medicine. Contains essential oils and bioactive...	VIEWS 4 196 REACTIONS 107 REP. 23 ER 13.9%
↓ 24.06 · 04:01 VIDEO Good morning everyone! Have a great day!	VIEWS 3 646 REACTIONS 174 REP. 6 ER 12.1%
↓ 27.06 · 13:22 VIDEO Peony (Maryin root) — one of the most revered plants in Siberian, Altai, and Far Eastern folk medicine. Used for...	VIEWS 2 606 REACTIONS 138 REP. 42 ER 8.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

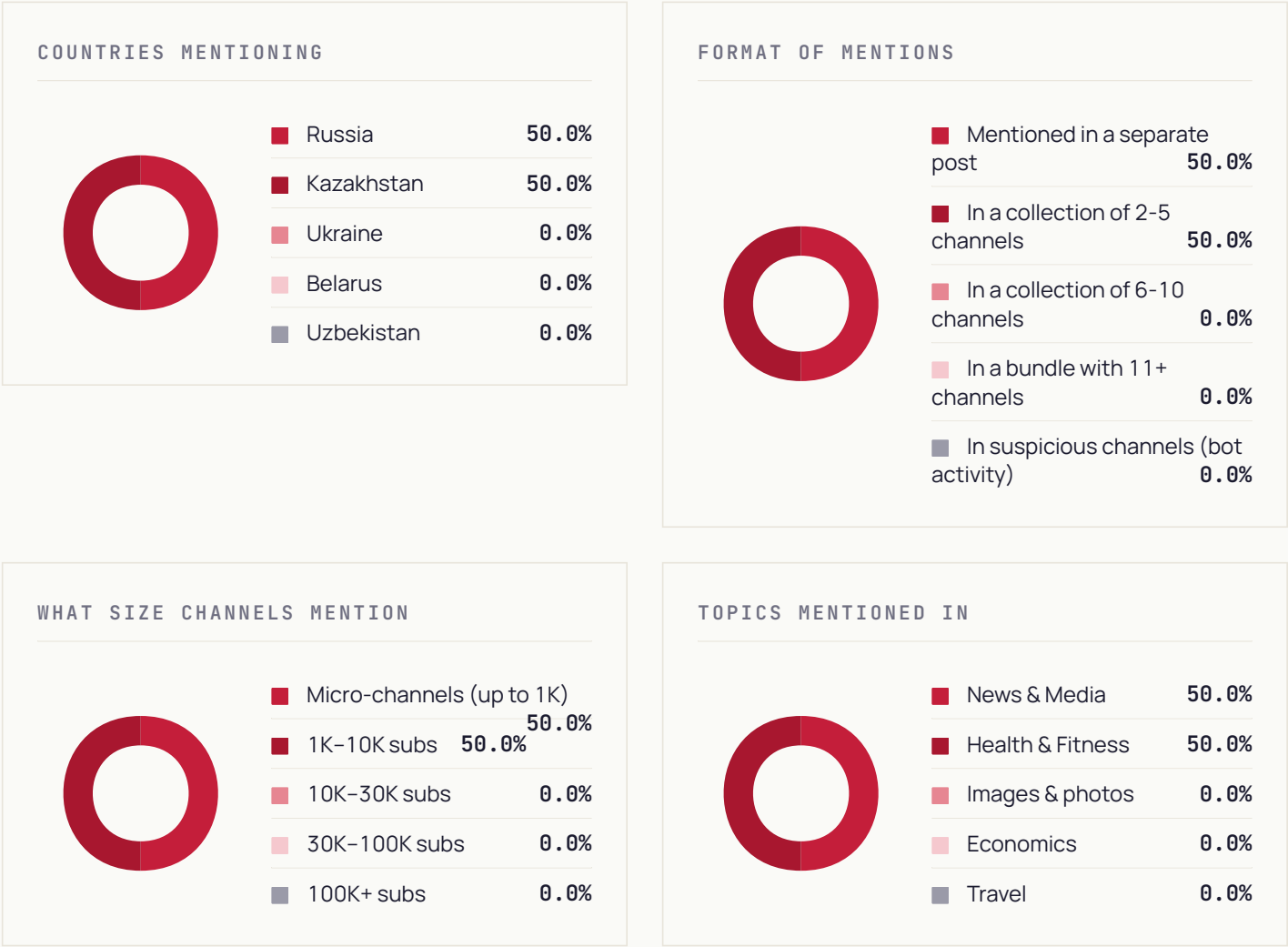
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

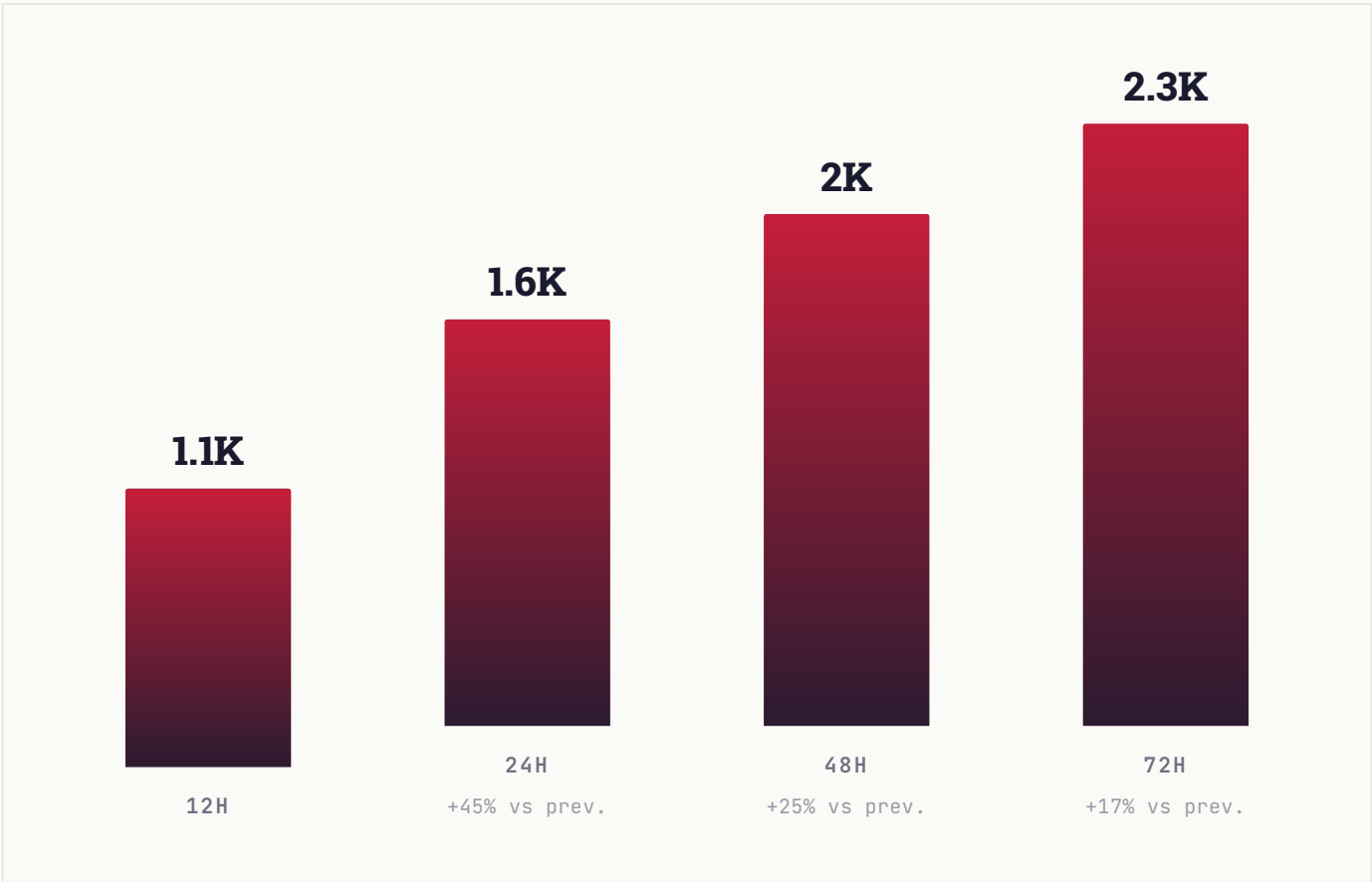
Citation index 0 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100k subs channel weighs more than from 1k. All time channel was mentioned 3 different channels.



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 stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is highlighted — see its place among niche neighbors.

CHANNEL	SUBSCRIBERS
ST Svetlana Travnica YOU	30.2K
L7 Lottery 7 Official Crypto	27.2K
FS Face fitness•Posture with Margarita 👑	10.5K
HK Herbalife Kazakhstan	8.5K
PS Useful Tips Serle sandyk	6.4K
ӨҮ Өмір үйлесімі 🧘	6.2K
ДГ DOCTOR Голод	4.4K
МН Meta Health Academy of Health	4K
AM Amway_для_N	3.6K
ZI Zotov Herbs & Health	3.1K
МК Mechanical stress	3.1K

COMPARATIVE INSIGHT

Channel in niche #1 (#1 of 44 category channels). One of the leaders — client partners can cross-promo with equals; for PR/reach you're a valuable media partner.

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 **0**, they brought **4 334** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	0	0	1 963
December 2025	0	0	1 177
Nov 2025	0	0	168
Oct 2025	0	0	120
Sep 2025	0	0	345
August 2025	0	0	561

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBSCRIBERS
0	6	4 334

SECTION 08 · NICHE COMPARISON

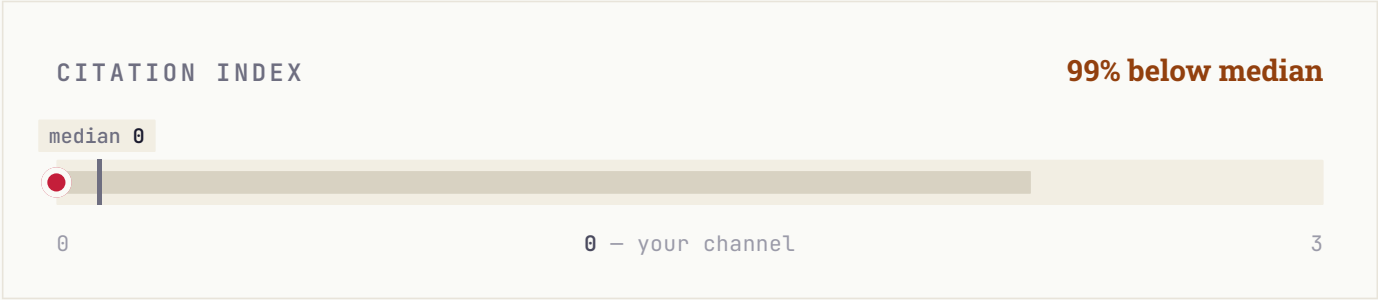
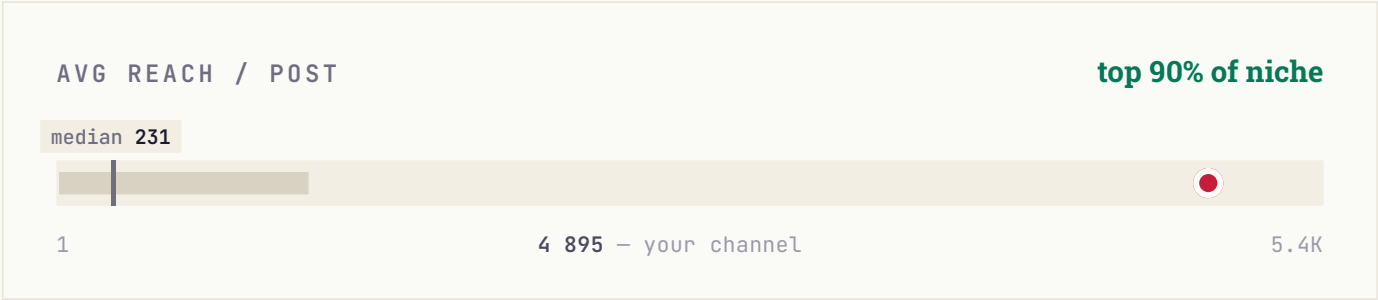
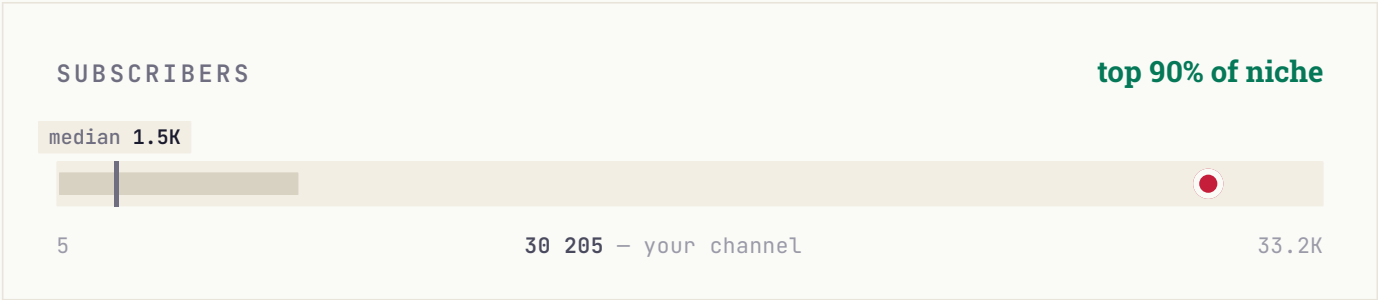
Where the channel ranks in its league

Took top-44 channels in category "Health & Fitness» and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#1/44

RANK IN NICHE

Channel in top 2% Health & Fitness



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and return to this report in a month.

01

Increase posting frequency

Now 4.0 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
over volume**

02

Top post of the week — on Saturday

On this day at 11:00 ALMT audience is most active.

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 point.

EFFECT

+5-15% ER

05

Cross-promo with neighboring 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 is what we can do in minutes from public data. Want to go further? Run ads through us and close 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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