

PROMTPRESS PUBLIC REPORT

Channel audit

Veshchikova

Tatyana / Reset

@tdtdance



@tdtdance_blog

App #: 4809080493 Dance Movement Therapist. I'll tell you all about body & mind. Release tension & feel a new connection with your body — within a month of subscribing. Site [→](#)...

SUBSCRIBERS	ERR (% WHO SEE POSTS)	REACH / POST
27 725	5.0%	1.4K
+347 per month 13.07.2026	per day 2.0% HTTPS://PROMTPRESS.COM/AUDIT/TDTDANCE_BLOG	ad reach 537/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

Each card is a separate channel health indicator. The subtitle under the number shows the period it covers.

 SUBSCRIBERS 27 725 —	 SUBSCRIBER REACH 4.92% avg % subs see post	 VIEWS / POST 1.4K median 1.4K · 29 days	 POSTS / WK 11.8 over period
 7D TREND +11.2% vs previous week	 REACTIONS / POST 43.3 only 2,122 reactions, 270 reposts, 496 comments	 POST LENGTH 717 chars median 999 · 29 days	 POSTS ANALYZED 49 29 days
 AD REACH 537 24h avg	 CHURN / MONTH +347 last month	 CITATION RATE 423 citation index · 597 channels mentioned ever	 CHANNEL AGE 5 years 8 months created 27.10.2020

AI EDITOR SUMMARY

Channel «Veshchikova Tatyana / Reset @tdtdance» – 27 725 subs. Each post avg views 1.4K people (5% from subs), reach is low – need to grow audience. Publishes 12 posts/week (~2/day) – consistent. Week Jun 29 – Jul 5 reach up +11.2% week Jun 22–28 – positive trend.

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 **49** posts in 29 days.
- 02 Dominant format — **Video** (19/49 posts).
- 03 Avg post length — **717** chars (median 999).
- 04 Peak Audience Activity — **Saturday**, 11:00 MSK.
- 05 Top posts get **3x** more views than the weakest (2.3K avg for top vs 761 for worst) — among 49 posts in 29 days. Worth analyzing what the top has in common: topic, format, publish time.

TOP 5 POSTS

Nº1 13.06 · 08:57 PHOTO Waiting in line to check in. Behind me a sleepless night. Krasnodar–Simferopol, evening train. The conductor comes in and...	VIEWS 2 576 REP. 6	REACTIONS 102 ER 9.3%
Nº2 19.06 · 13:17 TEXT  'The Knot'. A practice that unpacks what's been sitting inside for a long time. 15-20 minutes. You'll need a quiet room, a chair opposite you (empty) and...	VIEWS 2 301 REP. 87	REACTIONS 118 ER 8.3%
Nº3 18.06 · 15:04 VIDEO ...How our days in Crimea go A few days after arrival, my husband said: 'Listen, it feels like we've been here a week' and I...	VIEWS 2 070 REP. 1	REACTIONS 55 ER 7.5%

Nº4 15.06 · 13:52 PHOTO Days go by, rest is even less than planned 😊 Many people around drink, but we are a sports family. I managed to dance at a foam...	VIEWS 1 833 REACTIONS 46 REP. 1 ER 6.6%
Nº5 02.07 · 17:08 VIDEO I feel like a loser. I've been dancing my whole life. Folk stage dance since age six, then ballet directing and various groups, show ballet...	VIEWS 1 826 REACTIONS 70 REP. 2 ER 6.6%

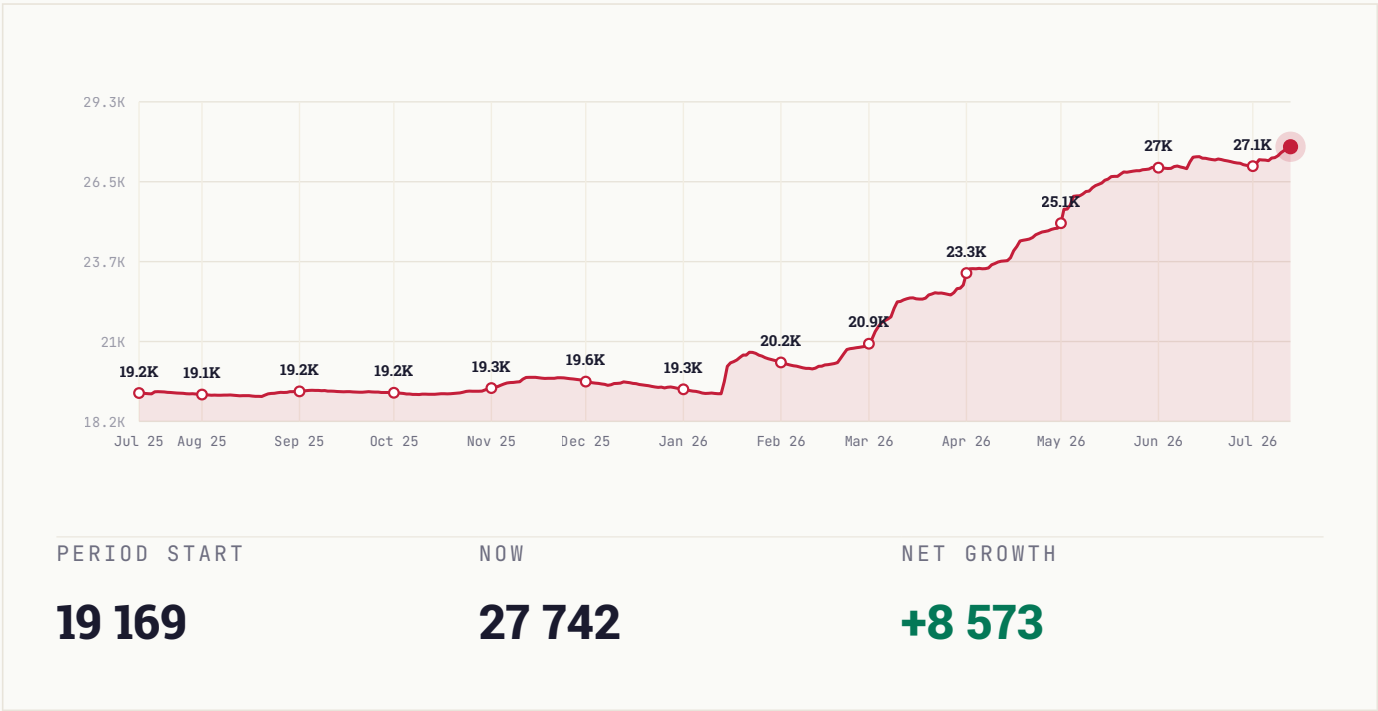
WORST 3

↓ 28.06 · 08:25 TEXT I have a product I mentally return to every time I see a new client. It brings together everything I've learned in seventeen...	VIEWS 846 REACTIONS 18 REP. 2 ER 3.1%
↓ 28.06 · 08:27 PHOTO Over 5 years, it helps me change lives. – Back pain disappears even when massage didn't help – Emotions, body...	VIEWS 765 REACTIONS 9 REP. 2 ER 2.8%
↓ 28.06 · 08:28 PHOTO – Improves vision (even with glasses; some ditch them entirely) – Neck pain goes away, lightness appears – A woman's cyst disappeared...	VIEWS 673 REACTIONS 7 REP. 2 ER 2.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

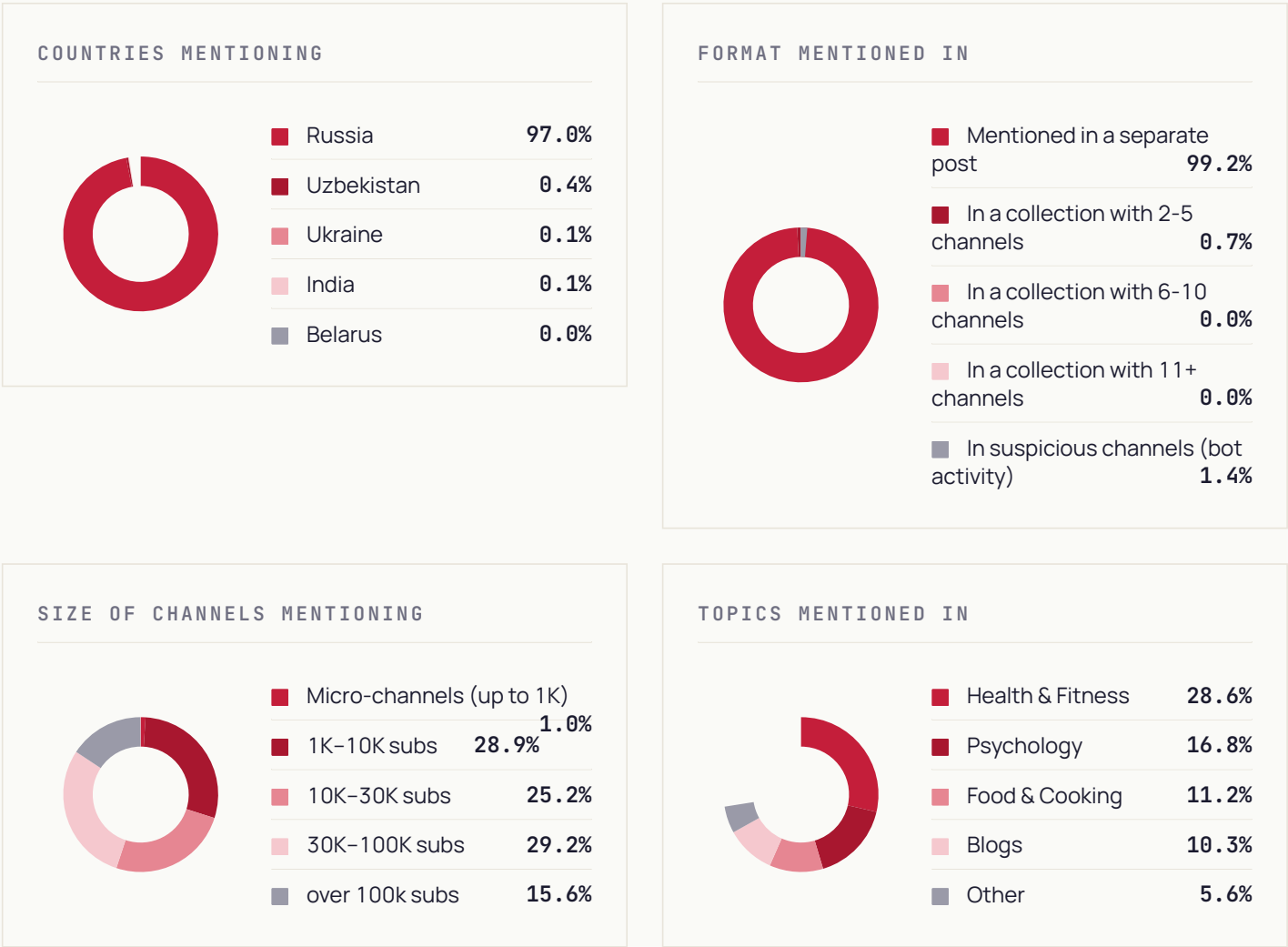
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and lost subs.



SECTION 04 · MENTIONS

Who Mentions the Channel & How

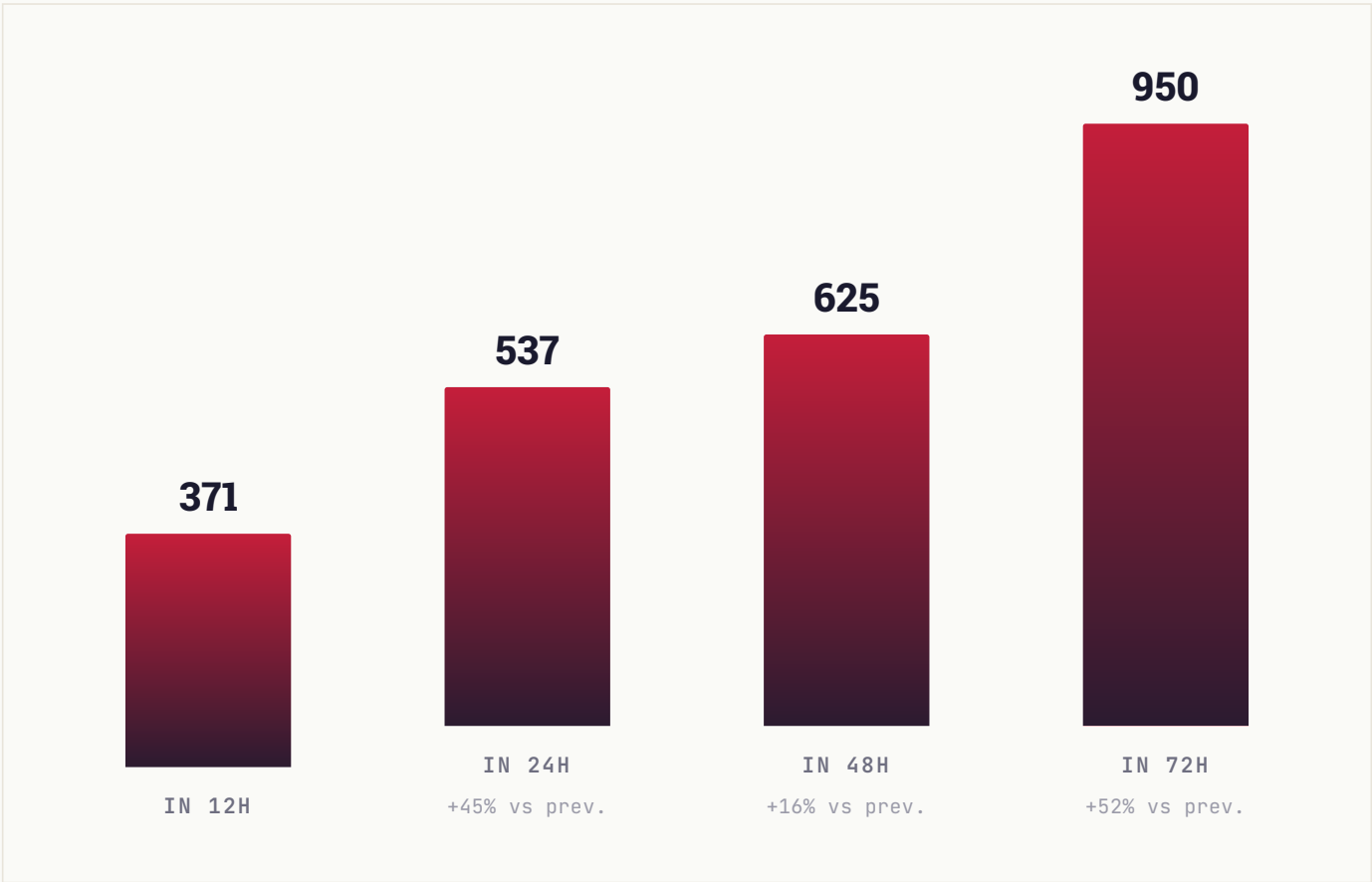
Citation index **423** — channel popularity rating based on mentions. Accounts for both count and weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **597** different channels.



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

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test Purchase	764.4K
BI Biohackers	580.7K
GS GymDeals- Supplements & Whey Protein Offers	536.2K
BI Biohacking	531.8K
SL Sport Life	523.4K
Mon Eternity in Tibet	492.3K
NT Our Body	480.2K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	476.4K
BZ Stay Healthy	447.3K
Tue Veshchikova Tatyana / Reset @tdtdance YOU	27.7K

COMPARATIVE CONCLUSION

Channel is still outside niche top-97 — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 166.3K. First goal — enter top-97 through systematic traffic and content 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 **10**, they brought **2 542** new subs.

PERIOD	MENTIONS	CHANNELS	NEW SUBS ATTRIBUTED	
January 2026	1	1	1 462	
December 2025	3	1	164	
Nov 2025	1	1	430	
Oct 2025	0	0	219	
September 2025	3	2	66	
August 2025	2	2	201	

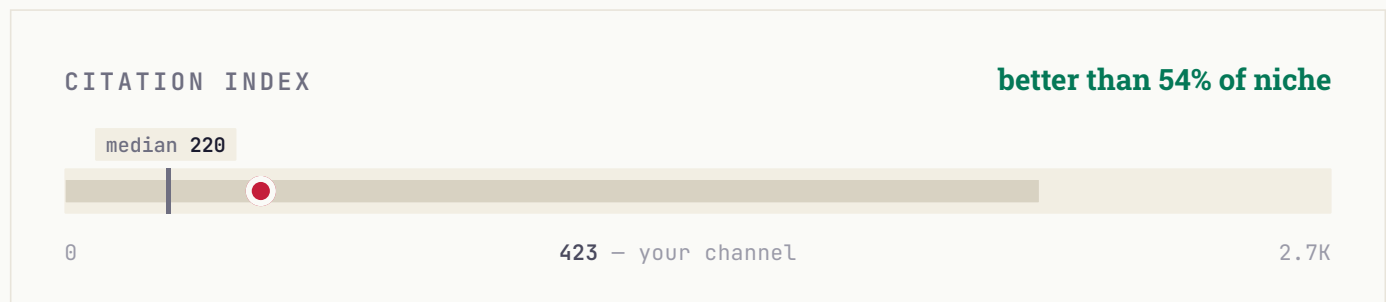
TOTAL MENTIONS	MONTHS OF DATA	NEW SUBS ACQUIRED
10	6	2 542

Where the channel stands in its league

SUBSCRIBERS 84% below median

A horizontal bar chart with a light beige background. A dark beige bar represents the range from 53.2K to 545.2K. A vertical line marks the median at 170.4K. A red dot on the left indicates the current channel's position at 27,725 subscribers.

Metric	Value
Current Channel Subscribers	27 725
Median Subscribers	170.4K
Range Start (Lower Bound)	53.2K
Range End (Upper Bound)	545.2K



— SECTION 09 · STRATEGY

What to do right now

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

01**Top post of the week — on Saturday**

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

EFFECT

**Best Window
for Important
Posts****02****ER below niche benchmark — rethink formats**

Current ER 4.92% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+2.1pp 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 — easy growth lever.

EFFECT

+5-15% ER**05****Cross-promo with Neighbor Channels**

Swap posts with same-segment channels once a quarter. No need daily — 2-3 collabs bring 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 from public data.
Want to go further — run ads through us and hit 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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