

PUBLIC REPORT BY PROMTPRESS

Channel audit

Body in Shape | Weight Loss



@telo_pro1

Health in every rep 💪❤️ Exercises & recipes for weight loss 😊 Ads: @venera_miss @o_promote Buys: @elyya_2610, @nemico12 For invites:...

SUBSCRIBERS

146 063

-1051 per month

ERR (% WHO SEE POSTS)

3.0%

per day 1.6%

REACH/POST

4.1K

ad reach 2.4K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 146 063 —	 SUBS REACH 2.79% avg % subs see post	 VIEWS/POST 4.1K median 4.2K · 29 days	 POSTS/WEEK 35.2 over period
 7D TREND -4.4% vs previous week	 REACTIONS/POST 9.1 total 1,352 reactions, 5,881 reposts, 0 comments	 POST LENGTH 183 chars median 125 · 29 days	 POSTS ANALYZED 148 29 days
 AD REACH 2.4K 24h avg	 CHURN / MONTH -1051 last month	 CITATION RATE 336 citation index · 893 channels mentioned all time	 CHANNEL AGE 1 yr 11 mo created 08.07.2024

AI EDITOR SUMMARY

Channel «Body in Shape | Weight Loss» – 146 063 subs. Each post gets on avg 4.1K people (3% from subs), reach is low – consider expanding audience. Publishes 35 posts per week (~5/day) – active posting mode. For the week of June 15–21, reach stable (-4.4% 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 from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on **148** posts over 29 days.
- 02 Dominant format — **Video** (133/148 posts).
- 03 Avg post length — **183** chars (median 125).
- 04 Peak audience activity — **Sunday**, 13:00 MSK.
- 05 Top posts gather **2×** more views than the weakest (5.6K avg for top vs 2.9K for worst) — among 148 posts in 29 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 14.06 · 15:10 VIDEO Tasty & balanced❤️ KBJU 370/28/11/39 - 150g cooked whole-grain bulgur - 5g olive oil - Salad: 30g greens, some...	VIEWS 5 683 REPOSTS 37	REACTIONS 14 ER 3.9%
Nº2 13.06 · 18:10 VIDEO Morning exercises of Chinese centenarians👉🥰 Body in Shape Weight Loss🇷🇺 Subscribe in MAX	VIEWS 5 622 REPOSTS 119	REACTIONS 18 ER 3.8%
Nº3 14.06 · 10:02 PHOTO ★ TAROSCOPE FOR JULY 2026 What will mid-summer bring you? What events should you expect? Tarot cards will tell – pick your sign and...	VIEWS 5 570 REPOSTS —	REACTIONS 2 ER 3.8%

Nº4

14.06 · 07:10

VIDEO

Powerful full-body workout with one resistance band 🤘🤘🤘
Body in Shape | Weight Loss 🇷🇺 Subscribe in MAX

VIEWS
5 544

REACTIONS
2

REPOSTS
36

ER
3.8%

Nº5

13.06 · 16:02

PHOTO

The day you're born shapes your whole life! Our birth date is the first number in our life. And this number...

VIEWS
5 513

REACTIONS
3

REPOSTS
2

ER
3.8%

WORST 3

↓

27.06 · 15:10

VIDEO

Save and execute if needed ✅ 🤘 Body in shape | Weight loss
🇷🇺 Subscribe in MAX

VIEWS
3 019

REACTIONS
20

REPOSTS
44

ER
2.1%

↓

27.06 · 11:10

VIDEO

! -3 cm in hands in 21 days — easy! 🤘 Body in Shape | Weight Loss
🇷🇺 Subscribe to MAX

VIEWS
2 872

REACTIONS
8

REPOSTS
43

ER
2.0%

↓

27.06 · 13:00

VIDEO

Ever wondered how much sugar is in there? 🤘 Body in Shape | Weight Loss
🇷🇺 Subscribe in MAX

VIEWS
2 854

REACTIONS
3

REPOSTS
16

ER
2.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

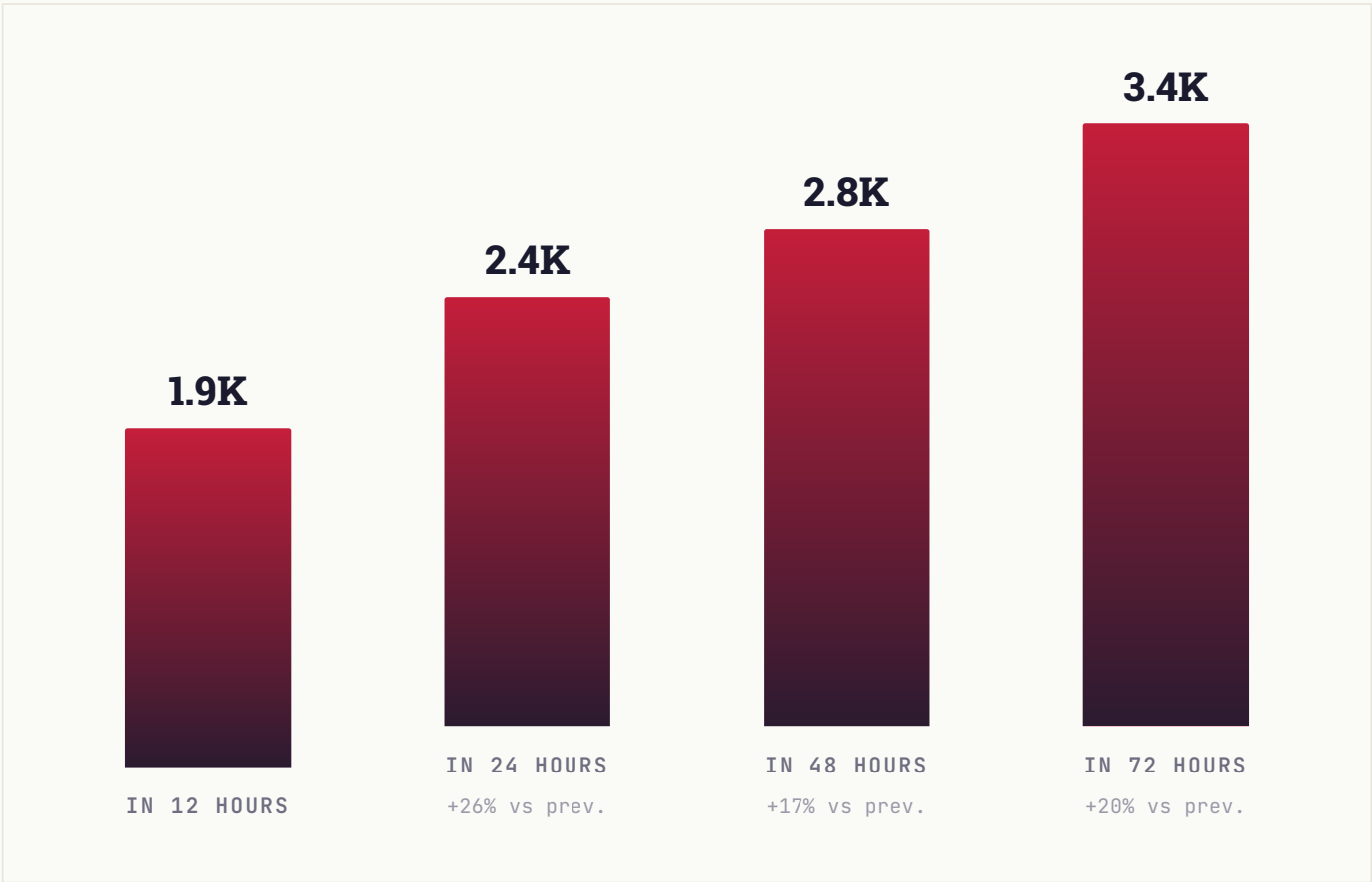
Subscriber growth chart for the year. Key months show exact sub count. See which months the channel gained and which it lost subs.



SECTION 04 · AD POTENTIAL

How long a post generates reach

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



SECTION 05 · COMPETITORS

Who you compete with

11 nearest 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 Ulishchenko Osteopath, PhD Author of faceplasty	478.4K
BZ Stay Healthy	448.6K
ZE Healthy food	418.1K
HW Doctor Zubareva / Doctor Zubareva	414.2K
TV Body in Shape Weight Loss YOU	146.1K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#53 of 97). Niche median — 152.2K subs. First growth KPI — reach median. Leader: Test purchase (770.1K).

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **411**, they brought **15 332** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	230	163	7 928
December 2025	94	70	3 072
Nov 2025	5	5	8
Oct 2025	24	23	909
Sep 2025	12	11	1 158
Aug 2025	46	36	2 257

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
411	6	15 332

SECTION 07 · NICHE COMPARISON

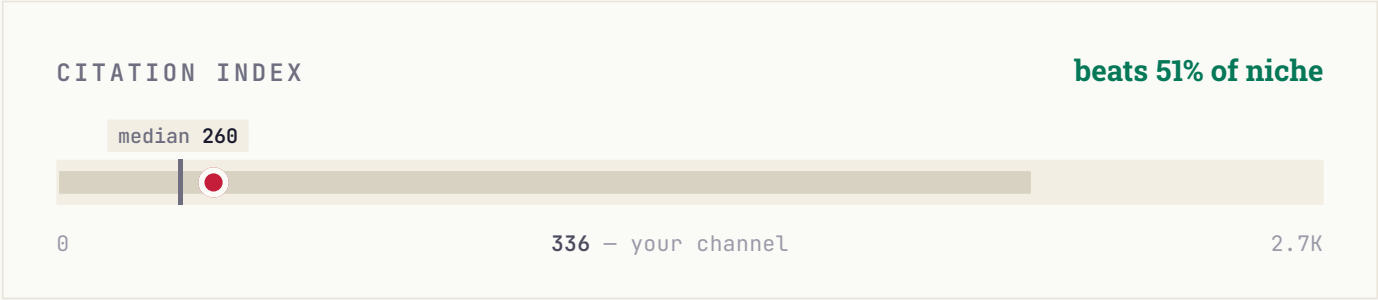
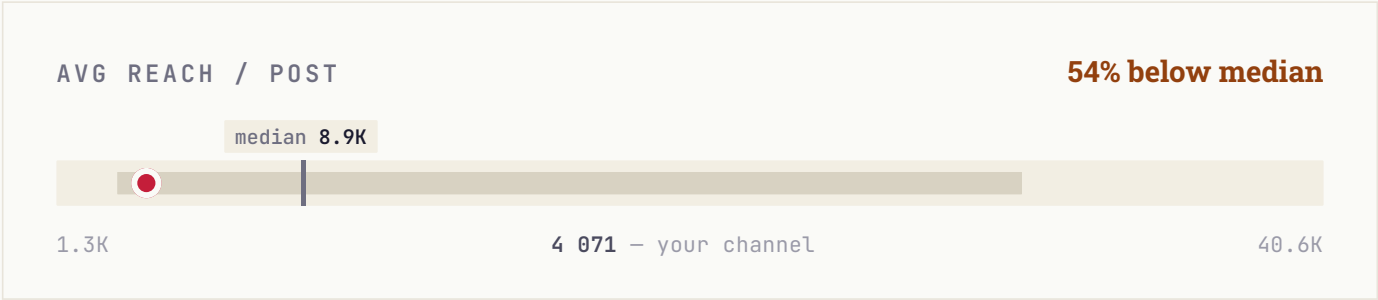
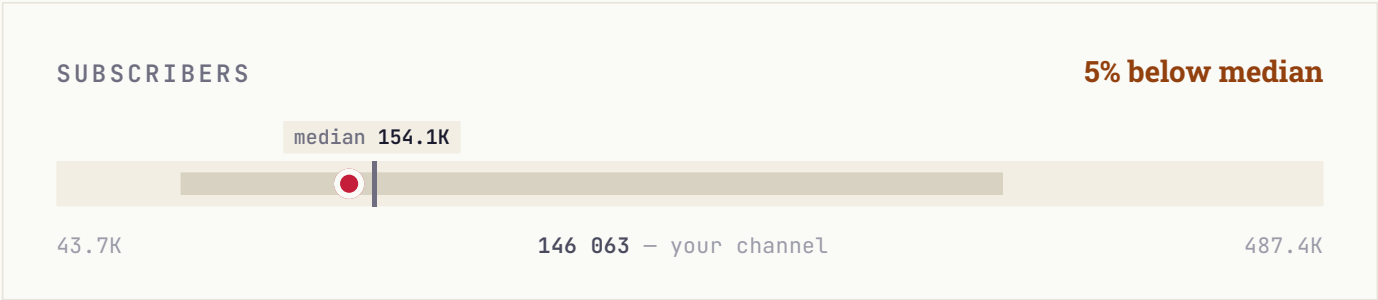
Where the channel stands in its league

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

#53/100

RANK IN NICHE

Channel in bottom half of ranking



— SECTION 08 · 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 Sunday

Audience most active on this day at 1:00 PM MSK.

EFFECT

Best window for an important post
- 02

ER below niche benchmark — rethink formats

Current ER 2.79% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+4.2pp ER
- 03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds 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 lever.

EFFECT

+5-15% ER
- 05

Cross-promo with neighboring channels

Exchange 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 using public data. To go further — run ads through us and close your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
