

PROMTPRESS PUBLIC REPORT

Channel audit

Eat. Watch. Learn.



@tk_eat_pray_learn

Everything you wanted to know about me and weren't afraid to ask)
For PR and advertising inquiries - @Pr_kilogram Registered in...

SUBSCRIBERS

36 815

+500 per month

ERR (% SEE POSTS)

29.0%

per day 4.5%

REACH/POST

18.7K

ad reach 1.7K/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content Analysis

Top 5 posts · worst 3 · takeaways

03 Subscriber dynamics

Yearly chart · growth

04 Citation rate

Who mentions the channel and how

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Food & Cooking» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it was calculated for.

 SUBSCRIBERS 36 815 —	 SUBSCRIBER REACH 50.74% avg % subs see post	 VIEWS/POST 18.7K median 3.1K · 29 days	 POSTS/WEEK 16.7 for the period
 7D TREND -14.4% vs previous week	 REACTIONS/POST 60.5 only 4,232 reactions, 1,437 reposts, 592 comments	 POST LENGTH 402 chars. median 328 · 29 days	 POSTS ANALYZED 70 29 days
 AD REACH 1.7K 24h avg	 CHURN / MONTH +500 last month	 CITATION RATE 107 citation index · 218 channels mentioned ever	 CHANNEL AGE 4 years 2 months created 28.04.2022

AI EDITOR SUMMARY

Channel 'Eat. Watch. Learn.' — 36 815 subs. Each post avg views 18.7K people (51% from subs), wide reach for channel size. Publishes 17 posts/week (~2/day) — regular. Week Jul 6–12 reach dropped -14.4% to week Jun 29 – Jul 5 — analyze why.

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 70 posts in 29 days.
- 02 Dominant format — Video (34/70 posts).
- 03 Avg post length — 402 chars (median 328).
- 04 Audience peak — Monday, 09:00 MSK.
- 05 Top posts get 52x More views than weakest (136K avg top vs 2.6K worst) — among 70 posts in 29 days. Analyze top posts: topic, format, timing.

TOP 5 POSTS

Nº1 13.07 · 06:15 VIDEO Yes, beautiful sportswear not only pleases with bright colors but also motivates, especially when you see results in the mirror. If you see...	VIEWS 209 594 REPOSTS 22	REACTIONS 118 ER 569.3%
Nº2 16.07 · 06:37 VIDEO You don't think I love all exercises. There are those that seriously test my willpower. But they are often the ones that...	VIEWS 100 982 REPOSTS 9	REACTIONS 75 ER 274.3%
Nº3 16.07 · 11:04 PHOTO Expanding our book club library #библиотекаТиныКанделаки with those who know almost everything about books...	VIEWS 97 311 REPOSTS 80	REACTIONS 46 ER 264.3%

Nº4 04.07 · 07:04 **PHOTO**

Good afternoon, friends! After filming 'Smarter than Everyone' we have a ton of looks left for #BattleofLooks. And first in line is the battle of different skin...

VIEWS

88 019

REPOSTS

6

REACTIONS

39

ER

239.1%**Nº5** 11.07 · 08:09 **VIDEO**

When you like yourself at twenty, it's generous nature that kissed you with youth; after forty, to like yourself – ...

VIEWS

87 891

REPOSTS

33

REACTIONS

120

ER

238.7%**WORST 3**

25.06 · 14:33

VIDEO

«Great minds discuss ideas. Average minds discuss events. Small minds discuss people.» The choice is yours 😊

VIEWS

2 615

REPOSTS

26

REACTIONS

90

ER

7.1%

14.07 · 15:44

PHOTO

And here are the results of our giveaway! Thanks to all participants. New one coming soon 😊, but for now – congrats to the winners...

VIEWS

2 603

REPOSTS

2

REACTIONS

27

ER

7.1%

14.07 · 12:10

VIDEO

If you think the remake boom is a purely modern phenomenon, here's a 2005 movie centered around...

VIEWS

2 597

REPOSTS

21

REACTIONS

55

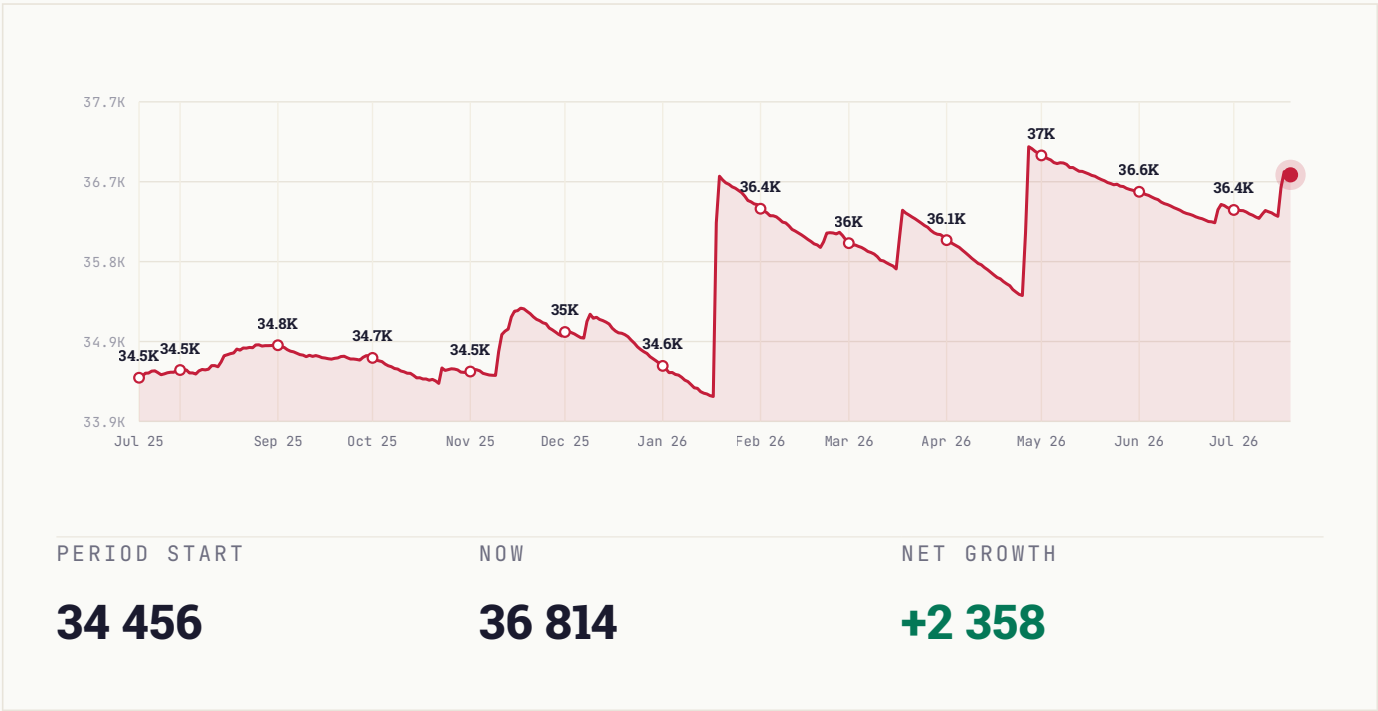
ER

7.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

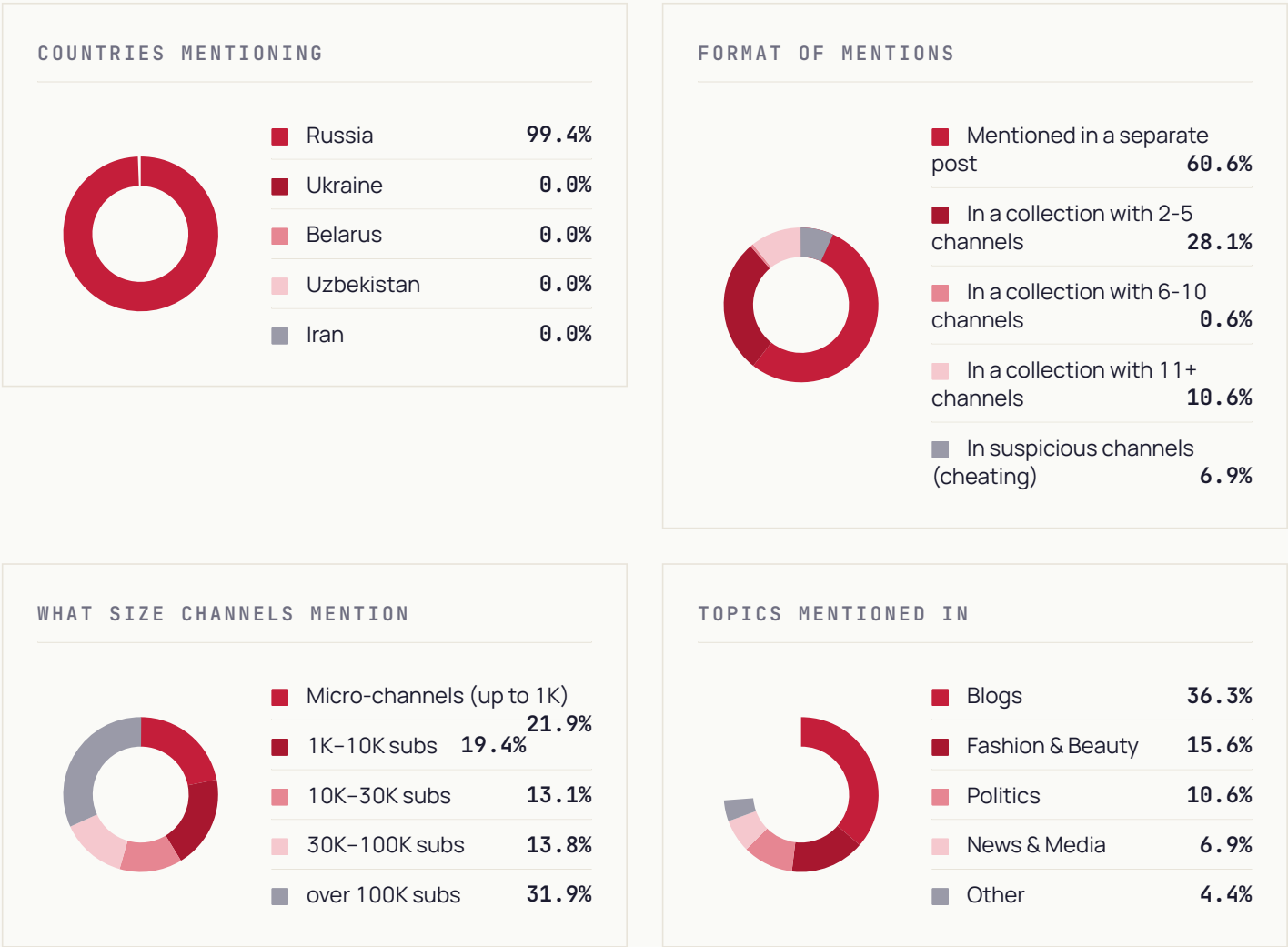
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

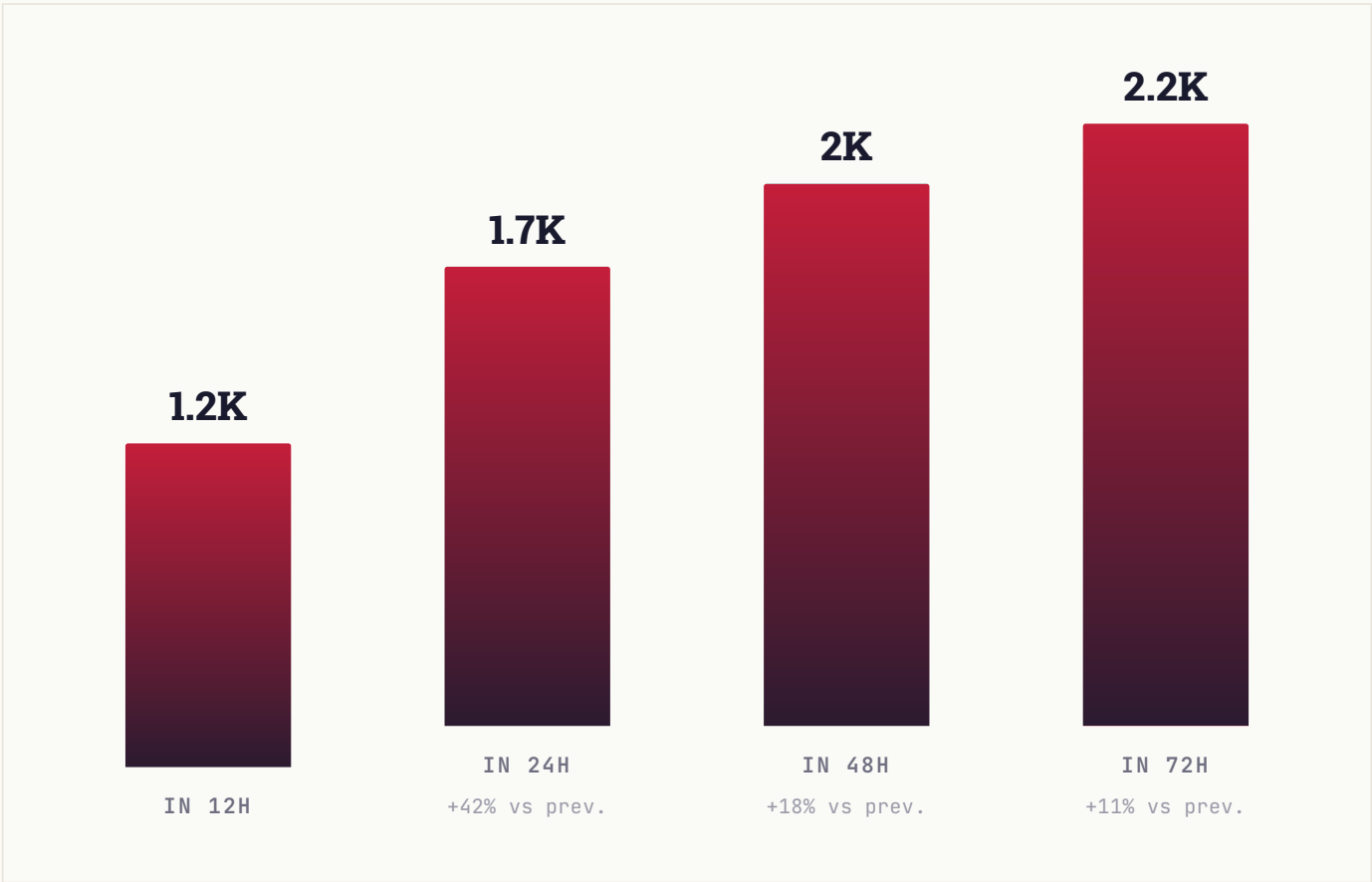
Citation index **107** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **218** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of an 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 & audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
IT lwin Token	3.3M
KR Cooking Recipes Salads 🍳👩🍳	997.5K
FR Pyaterochka	772.7K
🍰M 🍰 Mom's Recipes 😊	679.3K
A Air fryer Recipes	594.4K
TH Simple Recipes	586.1K
KR Recipe Book	557.9K
CN Kitchen Inside Out	532.9K
VI Tasty & cheap 🍲	486.4K
ER CHIZHIK	482.9K
EU Eat. Watch. Learn. YOU	36.8K

COMPARATIVE INSIGHT

Channel not yet outside top 96 niche — early growth stage. Niche leader — lwin Token (3.3M), top-96 median: 224.1K. First goal — enter top-96 through systematic work on traffic and content.

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 **33**, they brought **4 438** new subs.

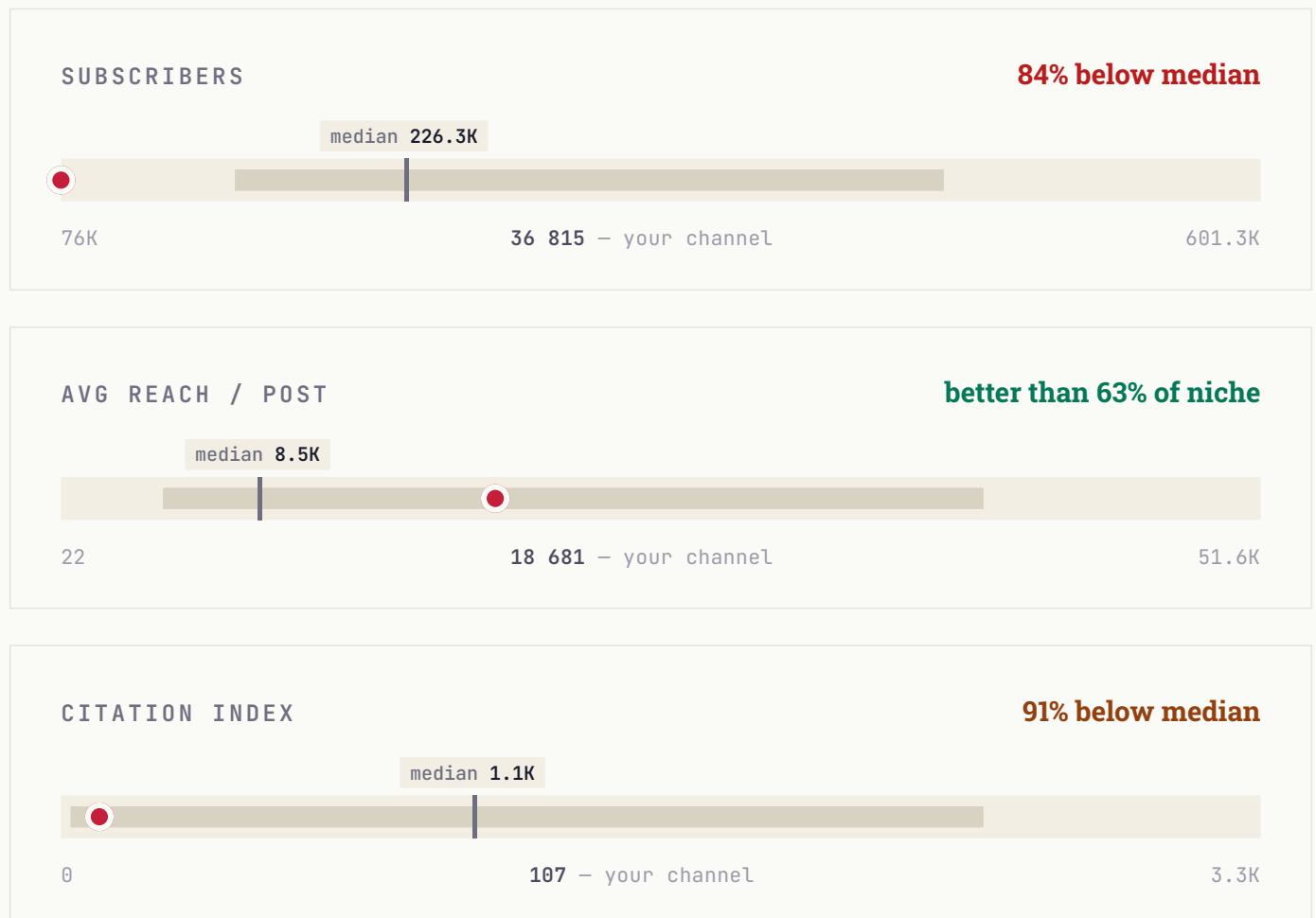
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	2	2	2 564	
December 2025	16	16	344	
November 2025	8	6	818	
October 2025	0	0	208	
September 2025	2	1	108	
August 2025	5	3	396	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
33	6	4 438

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category "Food & cooking» (Russia) and saw how your channel compares. Gray band — range for 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 sorted by expected impact. Check them off and revisit this report in a month.

01**Main post of the week — on Monday**

On this day at 09:00 MSK audience is most active.

EFFECT

**Best window
for an
important post****02****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****03****Test polls & interactive formats**

Posts with polls/reactions usually give +5-15% ER. One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER**04****Cross-promo with adjacent channels**

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

EFFECT

**Growth from
relevant
audience****05****Update channel description for Telegram search**

Telegram search looks at descriptions. Add 3-5 niche keywords — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. To go further — run ads with us and hit your growth target in a month.

01

Launch ads in Telegram

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

02

Contact manager

t.me/PromptPress_manager