
PROMTPRESS PUBLIC REPORT

Channel audit

TOP GIRLS ENERGY / Главные тренды каждый день



@top_girls_energy

Ad manager: @lnna_887 Registered in RKN: <https://clck.ru/3UDYwM>

SUBSCRIBERS

194 010

-137033 per month

ERR (% SEE POSTS)

40.0%

per day 16.4%

REACH/POST

72.4K

ad reach 31.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card – a separate channel health indicator. Subtitle shows the period.

 SUBSCRIBERS 194 010 —	 SUBS REACH 37.34% avg % subs see post	 VIEWS/POST 72.4K median 80.3K · 29 days	 POSTS/WEEK 3.9 over period
 7D TREND — no data for period	 REACTS/POST 4467.4 only 71,479 reactions, 3 reposts, 0 comments	 POST LENGTH 986 chars median 1K · 29 days	 POSTS ANALYZED 16 29 days
 AD REACH 31.8K 24h avg	 CHURN / MONTH -137033 last month	 CITATION RATE 18 citation index · 9 channels mentioned ever	 CHANNEL AGE 6 months 12 days created 06.01.2026

AI EDITOR SUMMARY

Channel «TOP GIRLS ENERGY / Главные тренды каждый день» – 194 010 subs. Each post averages 72.4K people (37% of subs), good reach. Publishes 4 posts per week (~1/day) – rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 16 posts over 29 days.
- 02 Dominant format – Photo (15/16 posts).
- 03 Avg post length – 986 chars (median 1000).
- 04 Peak audience activity – Thursday, 16:00 MSK.
- 05 Top posts get 2× more views than the weakest (95.4K avg for top vs 58.6K for worst) – among 16 posts in 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 18.06 · 13:23 PHOTO  7 rules for a first date to stay a goddess, not "nice, I guess"   So, girls, got a date coming up? Preparing no...	VIEWS 95 536 REPOSTS —	REACTS 4 981 ER 49.2%
Nº2 18.06 · 20:25 PHOTO WHAT'S IN A TENNIS ENTHUSIAST'S COSMETIC BAG   My sports cosmetic bag is a whole new level of female logic. Because when I go to practice...	VIEWS 95 491 REPOSTS —	REACTS 4 994 ER 49.2%
Nº3 18.06 · 15:43 PHOTO Do you even praise yourself? Or wait for likes from others? (like: "if no one tagged you – guess you weren't pretty, right?"  Girls...	VIEWS 95 251 REPOSTS 1	REACTS 4 985 ER 49.1%

Nº4

23.06 · 18:16

PHOTO

My challenge: move every day – and it really works! 🦋💪
Girls, I want to share my little achievement! For two weeks now I...

VIEWS

91 911

REPOSTS

—

REACTS

4 952

ER

47.4%

Nº5

23.06 · 16:03

PHOTO

Hi beauties! 🌟 Today let's talk about something that can totally transform your face and highlight your eyes – yes, eyebrows! They are like a frame...

VIEWS

91 724

REPOSTS

—

REACTS

4 951

ER

47.3%

WORST 3



10.07 · 15:11

PHOTO

🔴 Girls... can I say something that might offend many? 🐼
Sometimes the problem isn't that we're not pretty enough. But...

VIEWS

65 234

REPOSTS

—

REACTS

4 932

ER

33.6%



11.07 · 11:14

PHOTO

☀️ Which SPF actually survives heat, makeup, and your oily T-zone? Or why does your face turn into a layered cake by lunch? 😂 Let's...

VIEWS

59 844

REPOSTS

—

REACTS

4 883

ER

30.8%



14.07 · 09:28

PHOTO

🏃 Looks like fitness also decided to become as comfortable as possible. 😊 Good news for everyone who's been meaning to buy...

VIEWS

50 728

REPOSTS

—

REACTS

4 057

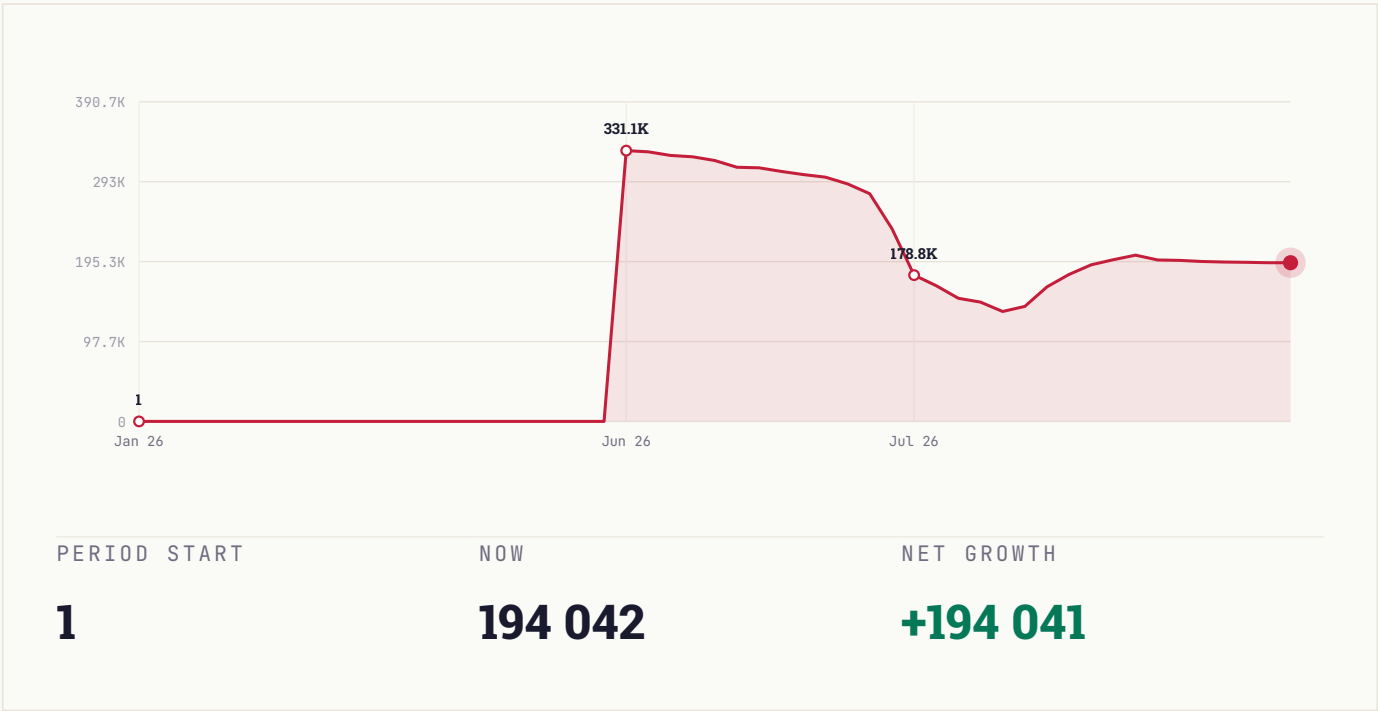
ER

26.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

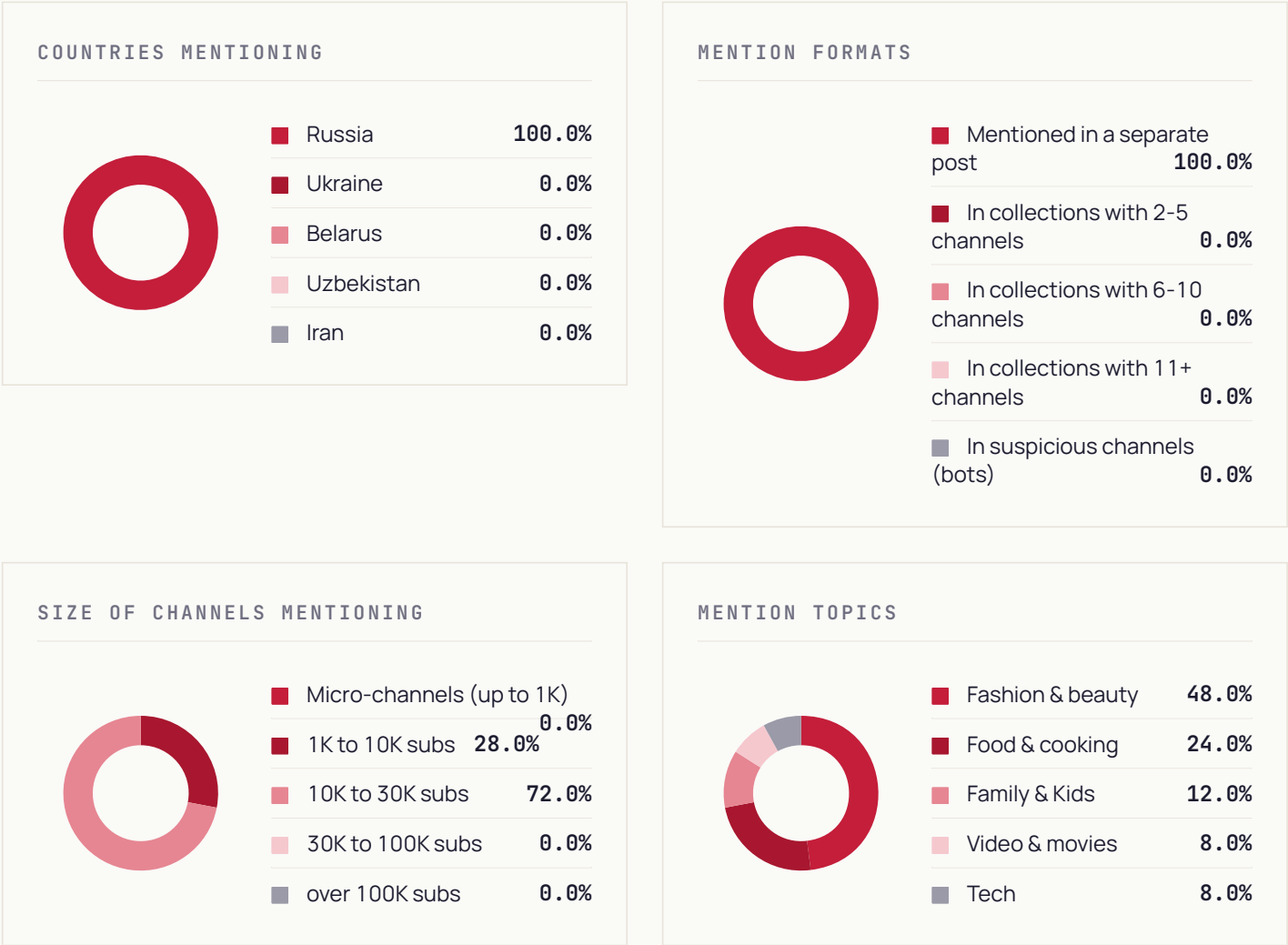
Subscriber growth graph for the year. Key months show exact subscriber count.
Highlights months of growth vs. churn.



SECTION 04 · MENTIONS

Who and how mentions the channel

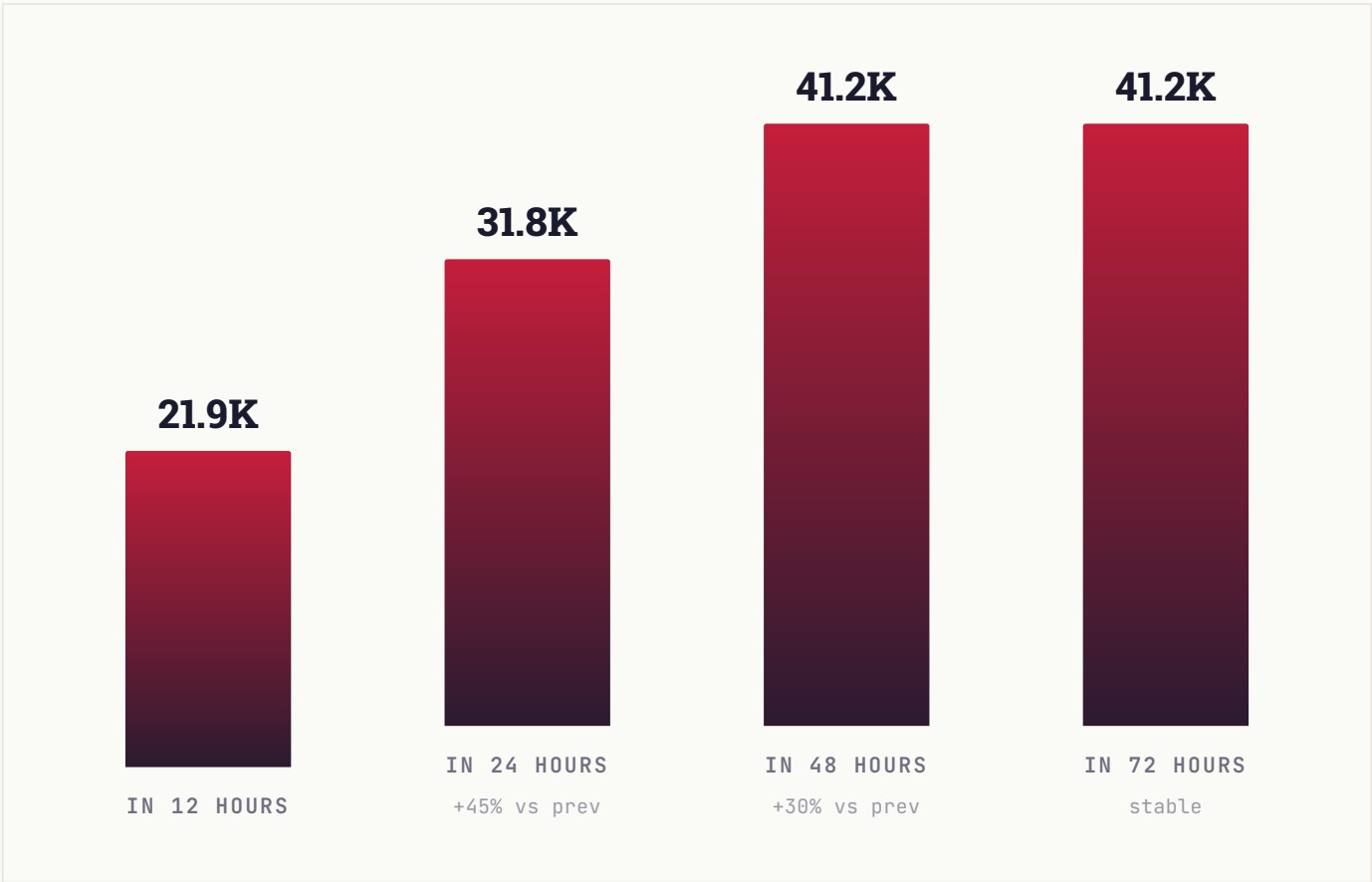
Citation index **18** – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **9** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates 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 rank among niche neighbors.

CHANNEL	SUBSCRIBERS
ZY Zolotoe Yabloko	1M
PC Pandabuy CnFans MuleBuy ACBuy Hacco Find🔍🐼	790.3K
NN Found on Wildberries	633.3K
MI MIXIT.RU	624.7K
M Manicure Nails	572K
NN Wildberries / WB finds	533.2K
EM Elena Mixit	518K
GD Face gymnastics	472.4K
PM Fashion Trends	436K
PS Prime Savers	428.8K
TG TOP GIRLS ENERGY / Главные тренды каждый день YOU	194K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#49 of 97). Niche median — 189.3K subs. First growth KPI — reach median. Leader: Zolotoe Yabloko (1M).

— SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **1 month** such mentions were **0**, they brought **4** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	0	0	4

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
0	1	4

SECTION 08 · NICHE COMPARISON

Where channel stands in its league

Took top-100 channels in category "Fashion & beauty» (Russia) and compared your channel. Gray band shows the range for 80% of niche channels (p10 to p90). Black vertical line is median. Red dot is your channel.

#49/100

RANK IN NICHE

Channel in top half of ranking



— 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

Increase posting frequency

Now 3.9 posts/week. Active channels do 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Main post of the week — on Thursday

Audience most active on this day at 16:00 MSK.

EFFECT

**Best window
for important
post**

03

Increase share of video posts

Video in Telegram retains audience longer and is favored by the algorithm. Recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

04

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**

05

Test polls & interactive formats

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

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes based on public data. If you want to go further — run ads with us and close your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
