

PUBLIC REPORT BY PROMTPRESS

Channel audit

TORNADO MAX ENERGY



@tornadoenergyme

Take the first step, share emotions, and be happy. TORNADO – that's us! For any questions: @TORNADOMAX_ENERGY_Support
TikTok: tiktok.com/@tornado.max.energy Channel in MAX:...

SUBSCRIBERS

132 474

+1956 per month

ERR (% WHO SEE POSTS)

19.0%

per day 4.6%

REACH/POST

24K

ad reach 6K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 132 474 —	 SUBSCRIBER REACH 18.14% avg % subs see post	 VIEWS/POST 24K median 22.1K · 27 days	 POSTS/WEEK 7.3 for period
 7D TREND +94.9% vs previous week	 REACTIONS/POST 338.5 9,816 reactions, 2,105 reposts, 1,054 comments	 POST LENGTH 75 chars median 34 · 27 days	 POSTS ANALYZED 29 27 days
 AD REACH 6K 24h avg	 CHURN / MONTH +1956 last month	 CITATION RATE 548 citation index · 666 channels mentioned ever	 CHANNEL AGE 3 years 10 months created 02.09.2022

AI EDITOR SUMMARY

Channel «TORNADO MAX ENERGY» — 132 474 subs. Each post avg views 24K people (18% of subs), this is avg reach — room to grow. Publishes 7 posts/week (~1/day) — regular schedule. In week 22–28 Jun reach up +94.9% vs week 15–21 Jun — positive trend.

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 **29** posts in 27 days.
- 02 Dominant format – **Text** (10/29 posts).
- 03 Avg post length – **75** chars (median 34).
- 04 Peak audience activity – **Thu**, 18:00 MSK.
- 05 Top posts get **7x** More views than weakest (76.4K avg top vs 10.6K worst) – among 29 posts in 27 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 25.06 · 15:26 PHOTO Want Ommm? Then enter the giveaway for 10 monthly supplies of TORNADO RUSSIAN and Sensia by Fresh Bar! Simple rules: Subscribe to...	VIEWS 145 547 REP. 372	REACTIONS 580 ER 109.9%
Nº2 24.06 · 14:31 PHOTO So many choices! 😁 Giveaway of 10 240Hz 27" monitors Check channel subscription and click «Participate». 10 winners will be determined...	VIEWS 56 940 REP. 1 076	REACTIONS 1 703 ER 43.0%
Nº3 12.06 · 14:12 PHOTO Some invisible entity or law? Something like the Hand of God hovering over the world. At least it's true that man is not in control...	VIEWS 26 846 REP. 47	REACTIONS 278 ER 20.3%

Nº4 21.06 · 18:05 TEXT WE WOO WE WOO 	VIEWS 26 433 REP. 17	REACTIONS 408 ER 20.0%
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Nº5 18.06 · 14:23 PHOTO 	VIEWS 25 390 REP. 16	REACTIONS 730 ER 19.2%
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WORST 3

↓ 03.07 · 10:09 PHOTO Took TORNADO to the next level 	VIEWS 12 866 REP. 28	REACTIONS 362 ER 9.7%
↓ 05.07 · 14:23 VIDEO (no-caption post – video)	VIEWS 9 702 REP. 24	REACTIONS 194 ER 7.3%
↓ 05.07 · 14:23 TEXT How I look when going for TORNADO:  What's playing in my earbuds:	VIEWS 9 206 REP. 11	REACTIONS 133 ER 6.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

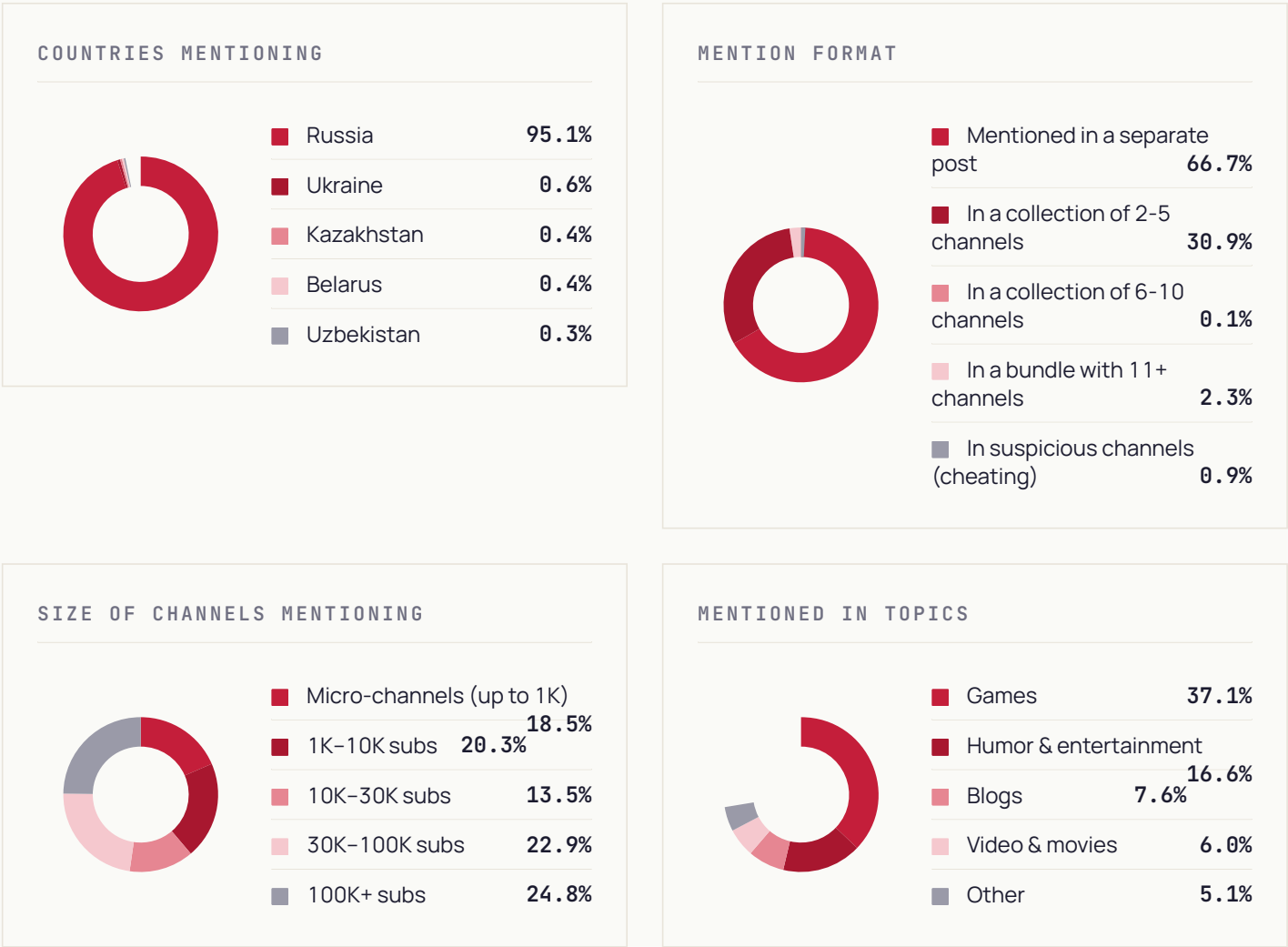
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained and lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

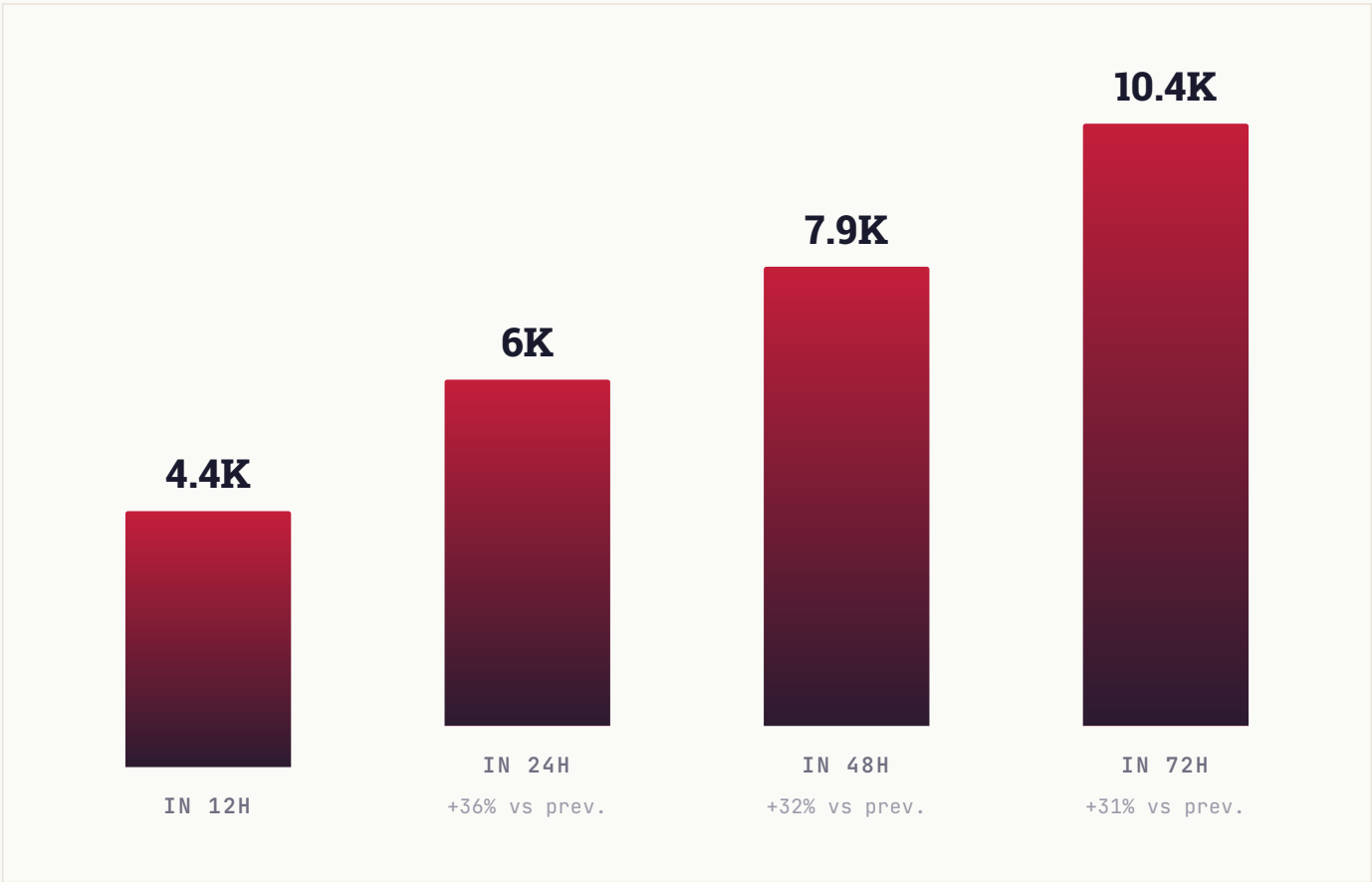
Citation index **548** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs one. All-time mentions: **666** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should «live».



SECTION 06 · COMPETITORS

Who you compete with

11 Nearest channels by topic & audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KR Cooking Recipes Salads 🧑🍳	995.6K
Fri Pyaterochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air Fryer Recipes	593.3K
Mon Simple Recipes	586.9K
KR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & cheap 🍪	487.7K
CI CHIZHIK	485.1K
Sun Daily recipes	461.5K
TM TORNADO MAX ENERGY YOU	132.5K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#98 of 94). Niche median — 205K subs. First growth KPI — reach median. Leader: Cooking Recipes Salads 🧑🍳 (995.6K).

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 **161**, they brought **83 594** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	33	28	2 793
December 2025	36	29	20 835
November 2025	41	39	16 196
October 2025	38	34	31 578
Sep 2025	11	10	10 933
August 2025	2	2	1 259
TOTAL MENTIONS			ATTRACTED SUBSCRIBERS
161			83 594

SECTION 08 · NICHE COMPARISON

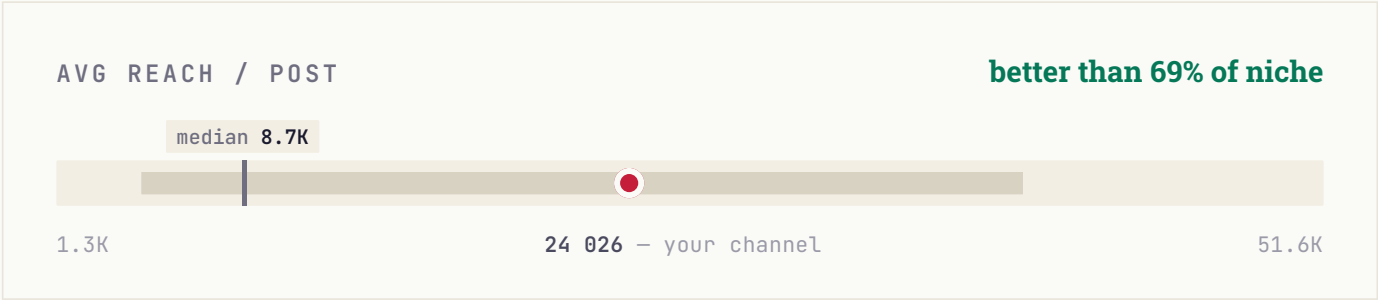
Where channel stands in its league

Took top-100 channels in category «Food & cooking» (Russia) and compared your channel. Gray band — range covering 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#98/100

RANK IN NICHE

Channel in bottom half of ranking



— SECTION 09 · STRATEGY

What to do right now

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

01

Main post of the week — on Thursday

On this day and at 18:00 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 boost ER by +5-15%.
One weekly poll on a hot topic — easy growth lever.

EFFECT

+5-15% ER

04

Cross-promo with neighboring channels

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

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — it's an organic traffic source.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — is what we can do in a few minutes based on public data. If you 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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