

PUBLIC REPORT BY PROMTPRESS

Channel audit

Coach Artyom



@trener_artem

I run Instagram, YouTube, TikTok, Yandex Zen. Channels about sports, fitness, workouts, weight loss. Contact me for collab: t.me/Artem_trener My boosty: <https://boosty.to/trenerartem>

SUBSCRIBERS

52 738

+1830 per month

ERR (% SEE POSTS)

33.0%

Per day **16.6%**

REACH/POST

17.5K

Ad reach **8.7K/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

Position in category «Health & Fitness»

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 52 738 —	 SUBSCRIBER REACH 33.14% Avg % subs see post	 VIEWS/POST 17.5K Median 17.6K · 29 days	 POSTS/WEEK 8.2 For period
 7D TREND +3.0% vs previous week	 REACTIONS/POST 546.2 Total 18,570 reactions, 3,017 reposts, 4,767 comments	 POST LENGTH 929 chars Median 1,000 · 29 days	 POSTS ANALYZED 34 29 days
 AD REACH 8.7K Avg per 24h	 CHURN / MONTH +1830 Last month	 CITATION RATE 9 Citation index · 69 channels mentioned ever	 CHANNEL AGE 4 years 3 months Created 09.03.2022

AI EDITOR SUMMARY

Channel «Trainer Artyom» — 52 738 subs. Each post avg views 17.5K people (33% From subs), good reach. Publishes 8 Posts/week (~1/day) — regular. Week Jun 22–28 reach Stable (+3.0% vs week of June 15–21).

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 SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 34 posts in 29 days.
- 02 Dominant format — Video (25/34 posts).
- 03 Avg post length — 929 chars (median 1,000).
- 04 Peak audience activity — Thu, 19:00 MSK.
- 05 Top posts get 1x More views than weakest (21.9K top avg vs 15K worst) — among 34 posts in 29 days. Analyze top’s common traits: topic, format, timing.

TOP 5 POSTS

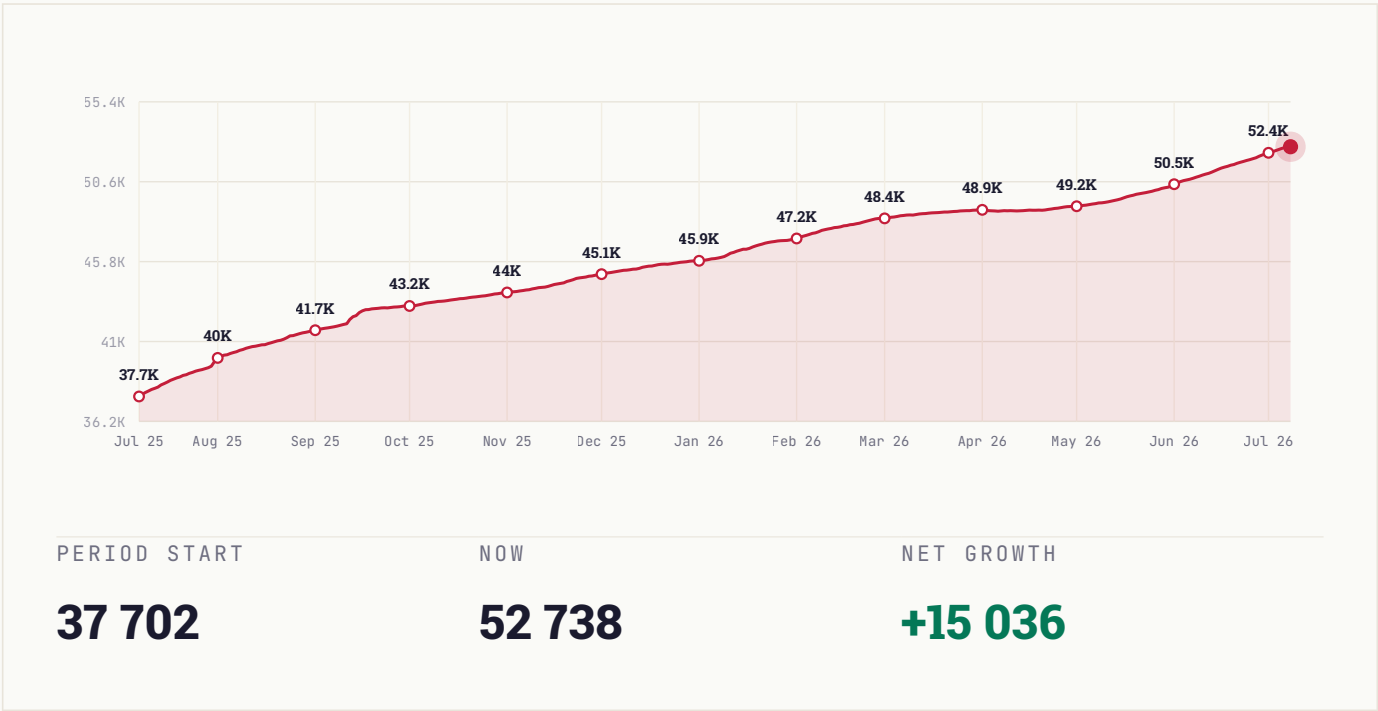
Nº1 18.06 · 16:04 PHOTO Continuing to show what I eat in a day. This is the second and third meal. Usually the same thing repeats twice. 🍷 Usually it's low-fat...	VIEWS 21 985 REP. 170	REACTIONS 655 ER 41.7%
Nº2 19.06 · 07:45 PHOTO Had dinner late yesterday, so posting today. Dinner, as you can tell from the photo, is the meal where I allow myself almost anything...	VIEWS 21 972 REP. 147	REACTIONS 915 ER 41.7%
Nº3 19.06 · 16:04 VIDEO 🍷 In this extensive study of 25k people, it was found that just 2 minutes of intense physical activity three times a day reduces...	VIEWS 21 862 REP. 272	REACTIONS 529 ER 41.5%

Nº4 23.06 • 10:37 VIDEO 👉In every other video I talk about the benefits of training for health and show research on this topic. For example, this review...	VIEWS 21 852 REACTIONS 504 REP. 65 ER 41.4%
Nº5 09.06 • 10:54 VIDEO Muscles don't care what weight you use – barbell, dumbbells, kettlebells, a backpack full of bottles, or bodyweight. As long as you...	VIEWS 21 261 REACTIONS 745 REP. 85 ER 40.3%
WORST 3	
↓ 01.07 • 09:24 VIDEO Fruit bashing. "Exploded." 👉Fruit is healthy. Modern science is categorical about this. In this extensive analysis of studies...	VIEWS 15 361 REACTIONS 572 REP. 108 ER 29.1%
↓ 30.06 • 09:58 VIDEO 👉I'm exactly the person who orders a bread basket at a restaurant. That's how much I love fresh bread. Personally, the fact that I...	VIEWS 15 305 REACTIONS 569 REP. 75 ER 29.0%
↓ 16.06 • 10:36 TEXT I didn't even know I was participating) Essentially it's your win, not mine, but thanks for the support, for reading, watching...	VIEWS 14 451 REACTIONS 599 REP. 10 ER 27.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

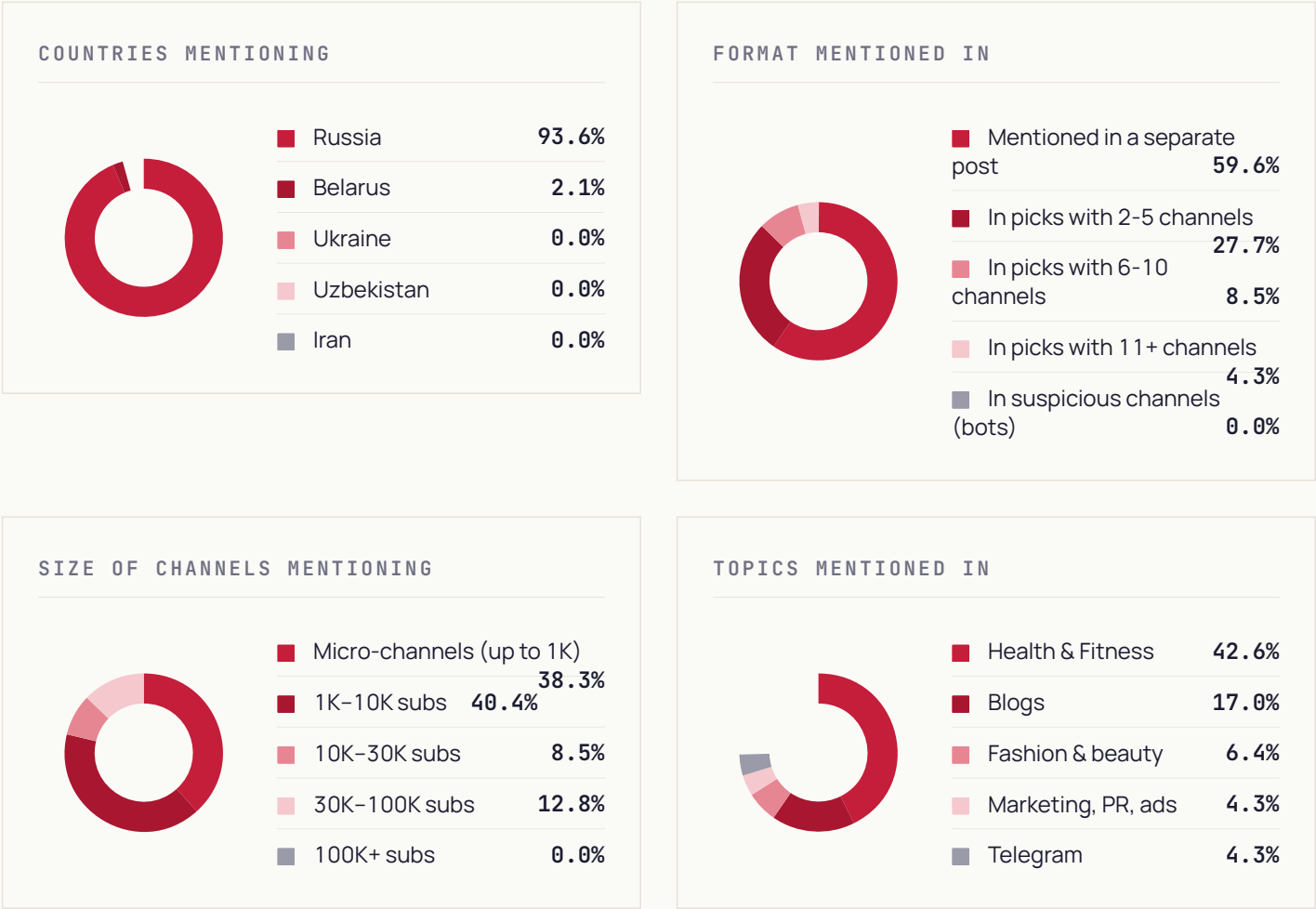
Subscriber growth chart for the year. Key months show exact sub count. Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

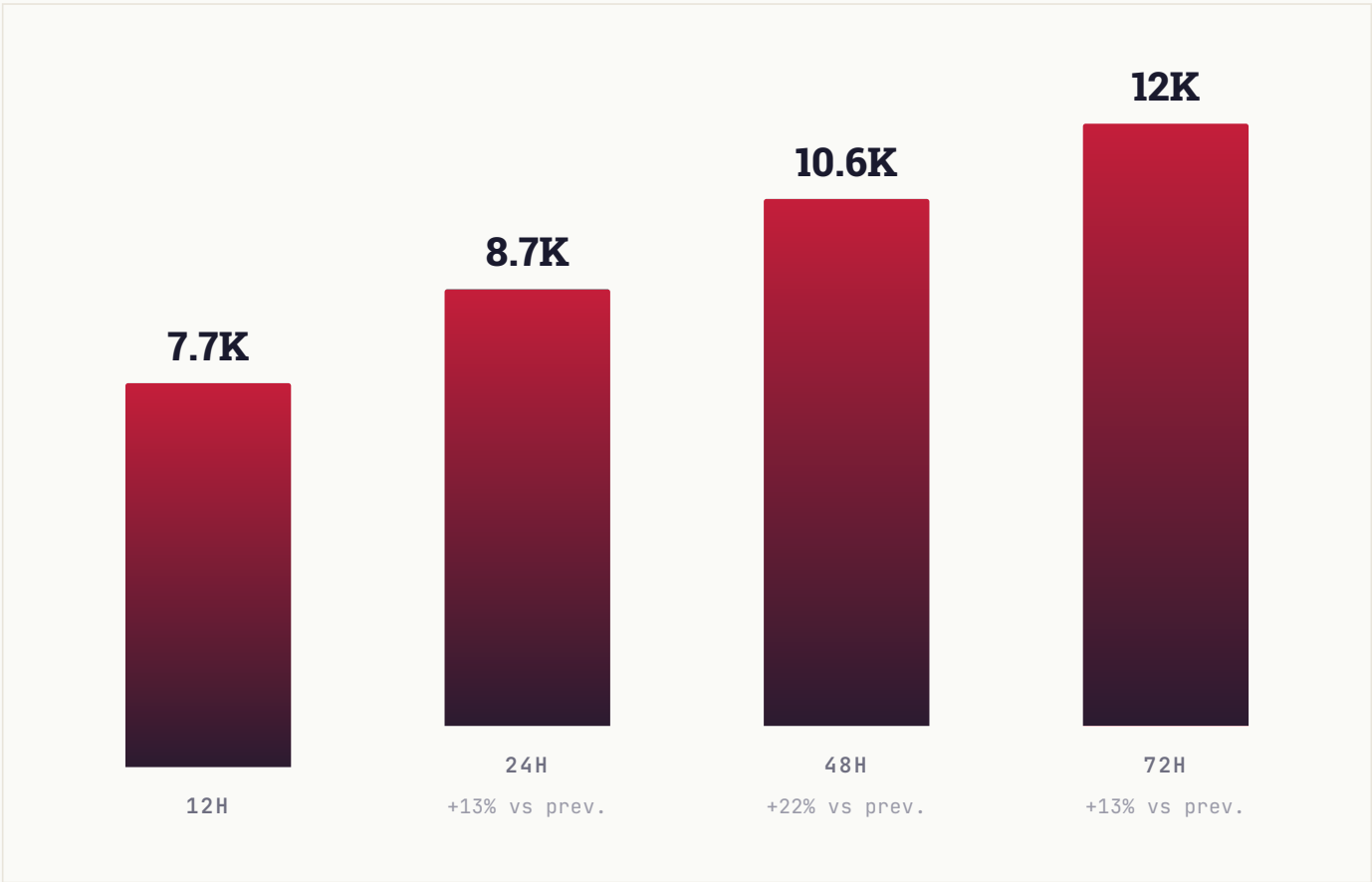
Citation index 9 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: 69 different channels.



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 should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 Nearby channels by topic & audience. Your channel highlighted — see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulischenko Osteopath, PhD Author of faceplastics	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
TA Coach Artyom YOU	52.7K

COMPARATIVE CONCLUSION

Channel not yet Outside top 97 of niche — early growth stage. Niche leader — Test purchase (766.3K), top-97 median: 154.7K. First goal: enter top-97 through systematic traffic & 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: **6**, they brought **7 403** New subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	1	1	1 313
December 2025	1	1	831
Nov 2025	0	0	1 110
Oct 2025	2	2	802
Sep 2025	2	2	1 504
August 2025	0	0	1 843

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
6	6	7 403

Where channel stands in its league

SUBSCRIBERS

66% below median

Median 155.2K

42.7K 52 738 – your channel 496.4K

AVG REACH / POST

Better than 66% of niche

Median 9.1K

1.2K 17 475 – your channel 38.4K

CITATION INDEX

97% below median

Median 296

0 9 – your channel 2.7K

Metric	Channel Value	Median	Comparison
Subscribers	52,738	155.2K	66% below median
Avg Reach / Post	17,475	9.1K	Better than 66% of niche
Citation Index	9	296	97% below median

— 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**

Audience most active on this day at 19:00 MSK.

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 finds sources for your niche.

EFFECT

**+1000-3000
subs****03****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**04****Cross-promo with nearby channels**

Swap posts with channels in the same segment once a quarter. No need to do it 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 — a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

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

01	Launch Telegram ads	https://panel.promptpress.com/register
----	----------------------------	---

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