

PUBLIC PROMTPRESS REPORT

Channel audit

Yaroslav Brin



@trenerbrin

🍔 Dietetics & Fitness with special cynicism. 🏠 Fat Burning Guide:
<https://brinbook.ru/> 💪 Fat Burning Program: <https://tvorojok.pro/>
 ----- RKN: <https://clck.ru/3PtYV8>

SUBSCRIBERS

91 022

-263 per month

ERR (% SEE POSTS)

75.0%

in 24h **24.5%**

REACH/POST

58.3K

ad reach **22.3K**/24h

— CONTENTS · 2026

What's inside the report

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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 91 022 —	 SUBSCRIBER REACH 64.05% avg % subs see post	 VIEWS/POST 58.3K median 65.1K · 26 days	 POSTS/WEEK 1.3 for period
 7D TREND — no data for period	 REACTIONS/POST 2558.0 total 12,790 reactions, 2,313 reposts, 734 comments	 POST LENGTH 708 chars median 1000 · 26 days	 POSTS ANALYZED 5 26 days
 AD REACH 22.3K 24h avg	 CHURN / MONTH -263 last month	 CITATION RATE 41 citation index · 111 channels mentioned ever	 CHANNEL AGE 9 years 2 months created 28.04.2017

AI EDITOR SUMMARY

Channel «Yaroslav Brin» — 91 022 subs. Each post gets avg 58.3K people (64% of subs), wide reach for a channel this size. Publishes 1 posts/week (~0/day) — rare posts.

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 5 posts in 26 days.
- 02 Dominant format — Text (5/5 posts).
- 03 Avg post length — 708 chars (median 1000).
- 04 Audience peak — Wednesday, 11:00 MSK.
- 05 Strongest posts get 1x more more views than the weakest (70.9K avg for top vs 48K for worst) — among 5 posts in 26 days. Analyze commonalities: topic, format, timing.

TOP 5 POSTS

Nº1 10.06 · 08:54 TEXT Where to Invest 10M RUB? ▪ Creaking (joints) rubles, very slo-o-o-owly, bringing back the old column: 💰 Financial Wellness. My...	VIEWS 74 023 REPOSTS 710	REACTIONS 3 501 ER 81.3%
Nº2 05.06 · 09:24 TEXT Trip report: Oman or Oman is not the real Arabs. If you believe the Internet and American action movies, Arabs are aggressive...	VIEWS 73 580 REPOSTS 649	REACTIONS 4 826 ER 80.8%
Nº3 16.06 · 09:40 TEXT You Think All Water Is the Same? 😏Let's Check! ▲ Watch on YouTube ▪ Watch on Rutube ▪ Watch...	VIEWS 65 096 REPOSTS 117	REACTIONS 1 509 ER 71.5%

Nº4

23.06 · 09:20

TEXT

Want to Lose Fat? 🐻🧑 Here's your calorie formula. Simpler, more accurate, faster. ▲ Watch...

VIEWS

57 902

REPOSTS

665

REACTIONS

1 652

ER

63.6%

Nº5

01.07 · 10:34

TEXT

At first men say they have no crisis, then wake up at night, put on skis and go for new LEGO, in August, along...

VIEWS

20 889

REPOSTS

172

REACTIONS

1 302

ER

22.9%

WORST 3

↓

16.06 · 09:40

TEXT

You Think All Water Is the Same? 😏 Let's Check! ▲ Watch on YouTube ▪ Watch on Rutube ▪ Watch...

VIEWS

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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

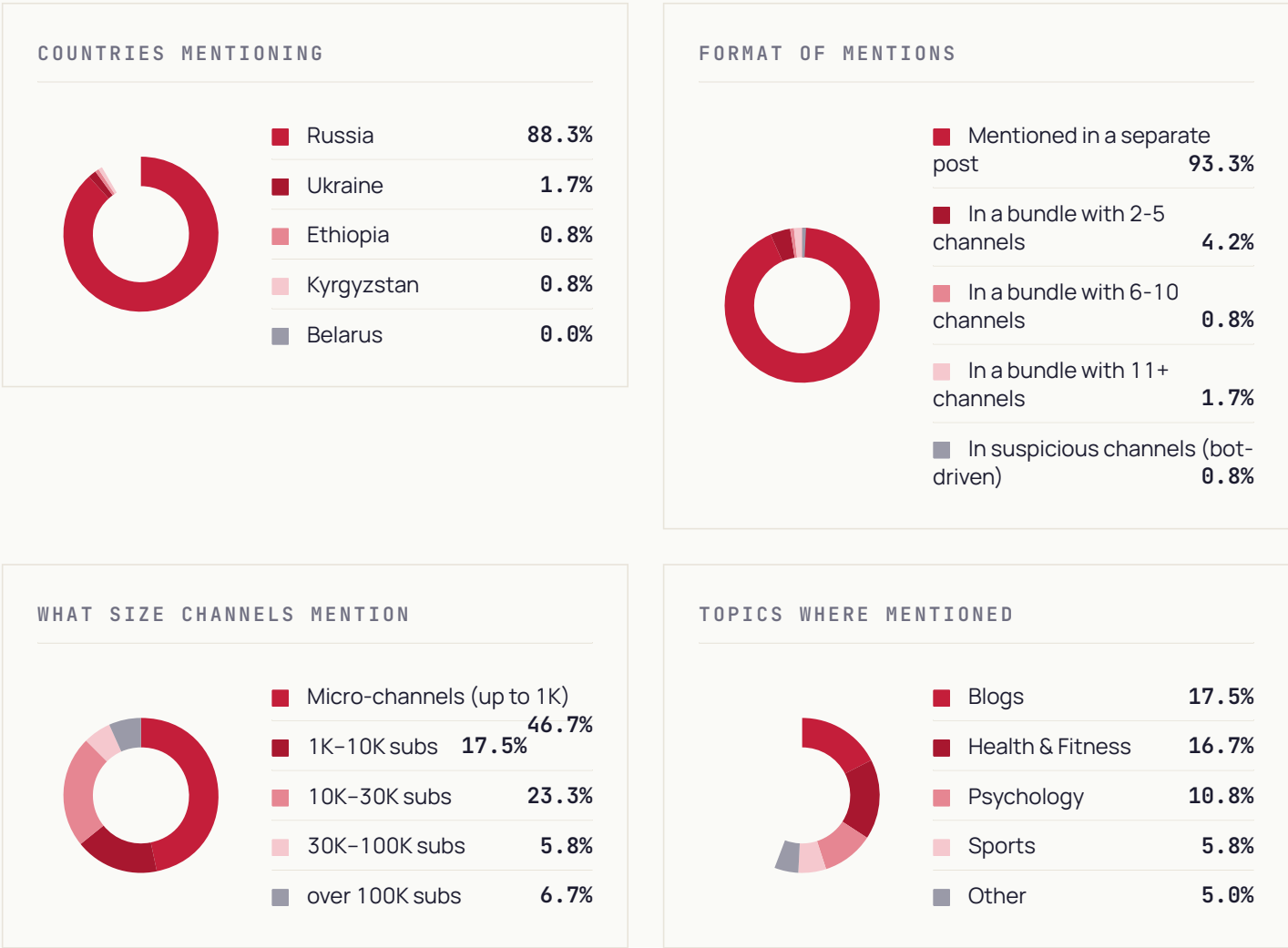
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel grew and which months subscribers left.



SECTION 04 · MENTIONS

Who mentions the channel and how

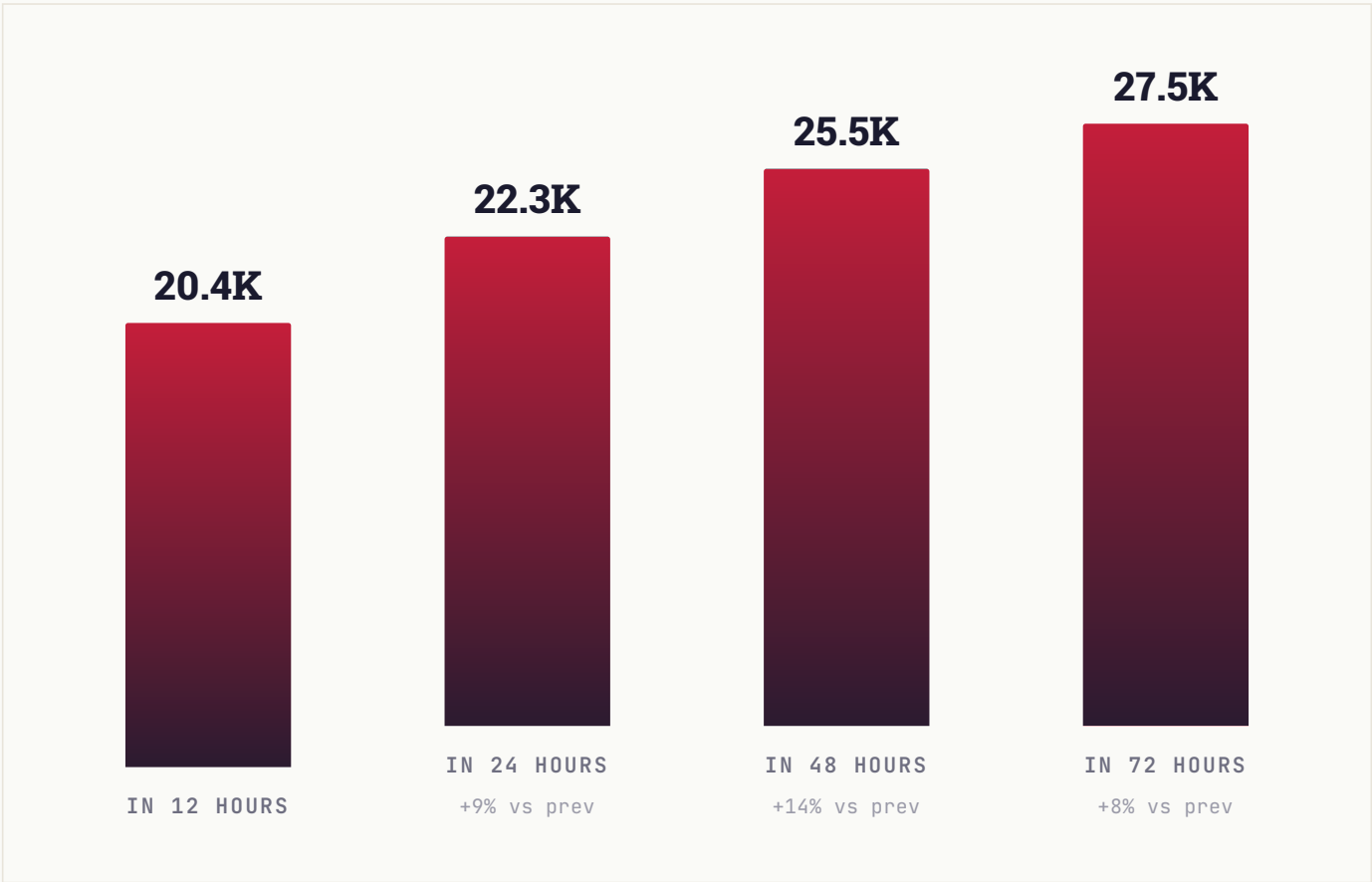
Citation index **41** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a channel with 100K subs weighs more than from 1K subs. All time channel was mentioned **111** different channels.



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 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche neighbors.

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 Ulischenko Osteopath, PhD Author of faceplasty	478.4K
BZ Stay healthy	448.6K
ZE Healthy food	418.1K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
YB Yaroslav Brin YOU	91K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#86 of 97). Niche median — 152.2K subs. First growth KPI — reach the median. Leader: Test Purchase (770.1K).

SECTION 07 · MENTION TRENDS

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 **22**, they brought **9 921** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	1	1	6 546	
December 2025	9	9	1 073	
Nov 2025	7	6	714	
Oct 2025	5	5	1 588	
September 2025	0	0	0	
August 2025	0	0	0	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
22	6	9 921

— SECTION 08 · NICHE COMPARISON

Where channel stands in its league

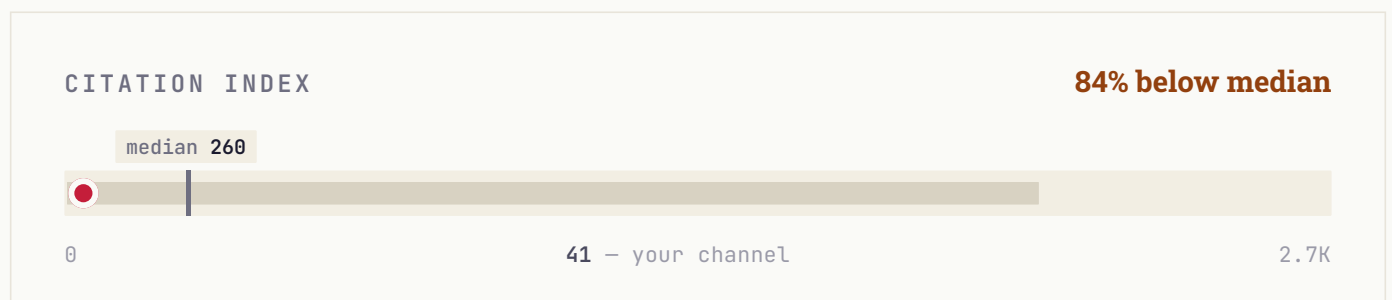
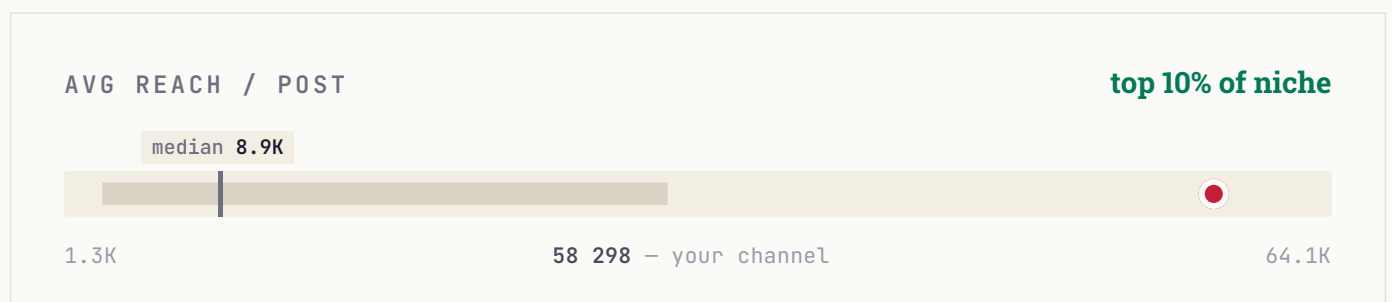
Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range where 80% of niche channels fall (p10 to p90). Black vertical — median. Red dot — your channel.

#86

/100

RANK IN NICHE

Channel in the bottom half of the ranking



— SECTION 09 · STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Increase posting frequency
Now 1.3 posts/wk. Active channels norm 7-10.
Consistency is key to audience retention. | EFFECT
Consistency beats volume |
| 02 | Best post day of the week — Wednesday
On this day at 11:00 MSK audience is most active. | EFFECT
Best window for an important post |
| 03 | Increase video post share
Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend reaching 15-25% share. | EFFECT
Video retains audience better |
| 04 | 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 |
| 05 | Test polls & interactive formats
Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic is an easy growth point. | EFFECT
+5-15% ER |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes from public data.
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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