

PROMTPRESS PUBLIC REPORT

Channel audit

Home workouts



@treni

Simple and effective methods 🔥 @redcat — ad t.me/redcatmedia/
62 — price (commerce) We on exchange: [https://telega.in/c/
+I_QVI80XgGwxYTJi](https://telega.in/c/+I_QVI80XgGwxYTJi) Channel link: https://t.me/+I_QVI80XgGwxYTJi
RKN:...

SUBSCRIBERS

123 473

-1008 per month

ERR (% WHO SEE
POSTS)

4.0%

daily 2.2%

REACH/POST

4.3K

ad reach 2.8K/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 123 473 —	 SUBSCRIBER REACH 3.5% avg % subs see post	 VIEWS/POST 4.3K median 4.5K · 29 days	 POSTS/WEEK 33.3 over period
 7D TREND -4.6% vs previous week	 REACTIONS/POST 25.8 total 3,618 reactions, 10,382 reposts, 0 comments	 POST LENGTH 196 chars median 178 · 29 days	 POSTS ANALYZED 140 29 days
 AD REACH 2.8K 24h avg	 CHURN / MONTH -1008 last month	 CITATION RATE 1 240 citation index · 660 channels mentioned all time	 CHANNEL AGE 3 years 2 months created 07.04.2023

AI EDITOR SUMMARY

Channel «Home Workouts» — 123 473 subs. Each post averages 4.3K people (4% from subs), reach is low — consider expanding audience. Publishes 33 posts per week (~5/day) — active publishing. For week Jun 15–21 reach stable (-4.6% vs week 8–14 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT TOP POSTS SHARE

- 01 Analysis based on 140 posts over 29 days.
- 02 Dominant format — Video (127/140 posts).
- 03 Avg post length — 196 chars (median 178).
- 04 Peak audience activity — Thu, 18:00 MSK.
- 05 Top posts get 2x more views than the weakest (5.2K avg for top vs 3.5K for worst) — among 140 posts over 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 16.06 · 12:16 PHOTO Natural help for the pancreas: power of herbal infusions ☕ Instead of another pill, sometimes it's worth looking into the pharmacy...	VIEWS 5 309 REPOSTS 53	REACTIONS 24 ER 4.3%
Nº2 14.06 · 16:41 PHOTO Small seeds — big benefits ➕ It takes a second, but gives energy and benefits for the whole day! Home workouts #healthy	VIEWS 5 204 REPOSTS 71	REACTIONS 22 ER 4.2%
Nº3 10.06 · 06:13 PHOTO Health benefits of cloves 😊 This small but mighty spice is a treasure trove of benefits hidden in a modest bud. Home workouts...	VIEWS 5 197 REPOSTS 62	REACTIONS 22 ER 4.2%

Nº4 18.06 • 15:25 VIDEO Bunion? Simple exercise that helps 🦶 Hallux valgus, or that "bump," is a problem...	VIEWS 5 145 REACTIONS 52 REPOSTS 198 ER 4.2%
Nº5 03.06 • 12:48 PHOTO 😓 You think sleep deprivation is just tiredness? Actually, just one sleepless night can reduce concentration, worsen mood...	VIEWS 5 121 REACTIONS 22 REPOSTS 71 ER 4.1%

WORST 3

↓ 28.06 • 15:05 VIDEO My husband will leave me for the oven! That's what I think now, because he asks to cook everything there. A couple of weeks ago a friend subscribed...	VIEWS 3 568 REACTIONS 6 REPOSTS 7 ER 2.9%
↓ 28.06 • 09:16 VIDEO Making PP brownies 😊 Ingredients: 🍌Banana 2 pcs 🍳Egg 🍫Cocoa 1 tbsp 🍫Chocolate a few pieces Bake 30 min at 180°C. Workouts...	VIEWS 3 519 REACTIONS 22 REPOSTS 44 ER 2.9%
↓ 28.06 • 11:28 VIDEO Unlock your back ✅ If you warm up a bit and then do these three exercises, the feeling of stiffness, heaviness, and pain in the body...	VIEWS 3 356 REACTIONS 22 REPOSTS 63 ER 2.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

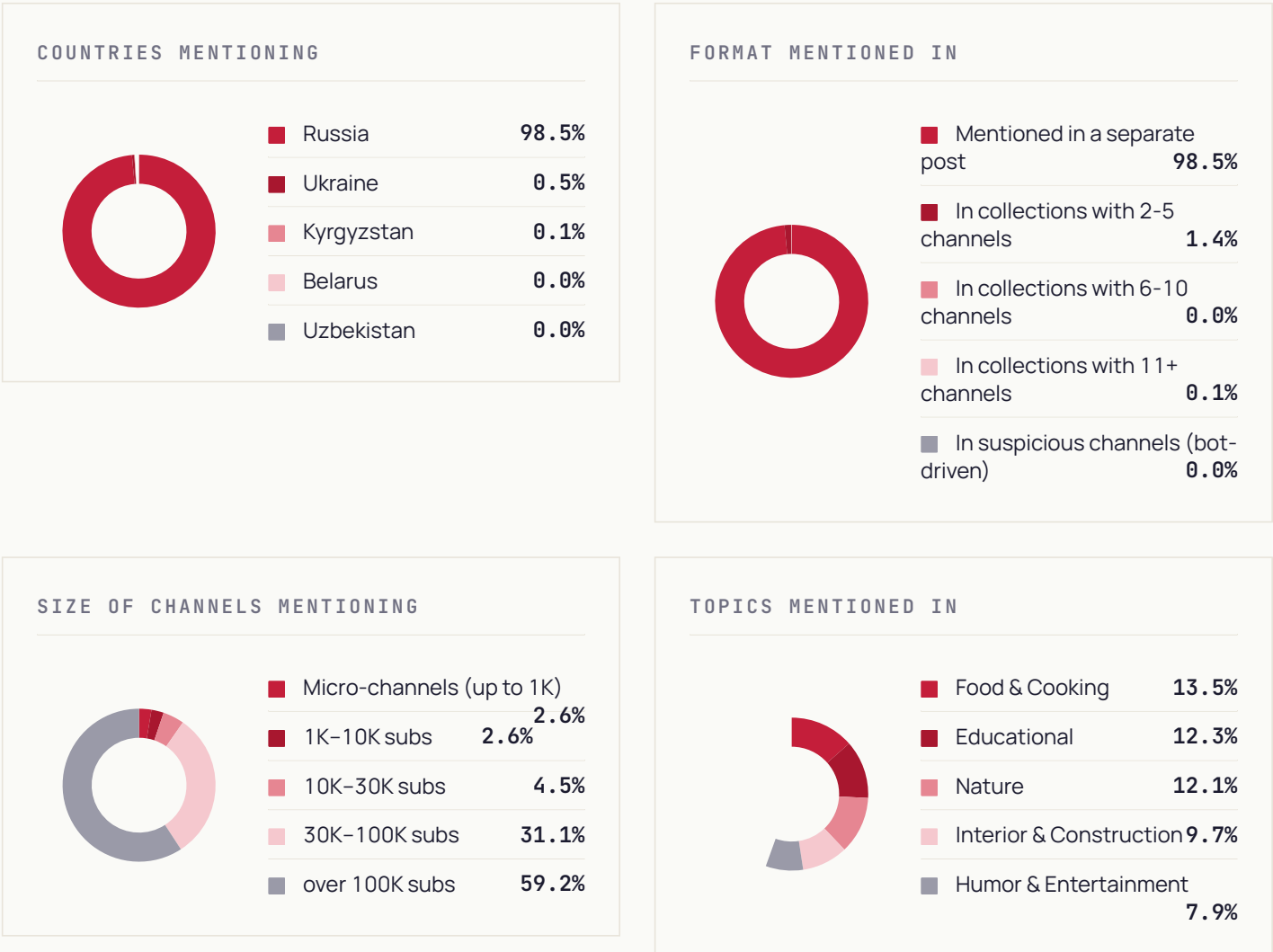
Subscriber growth chart over the year. Key months show exact subscriber count. Highlights months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

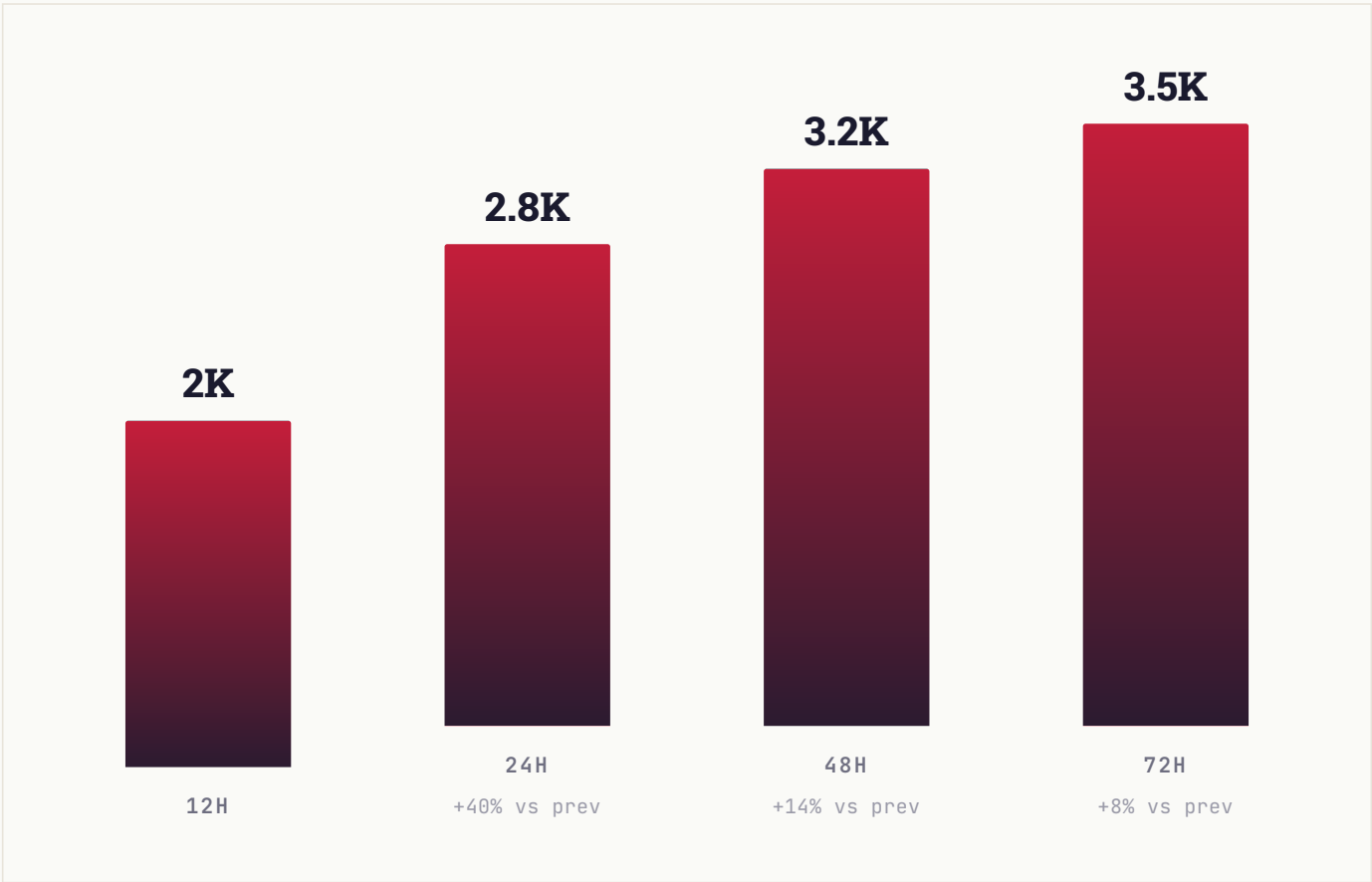
Citation index **1 240** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **660** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates 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 and audience. Your channel is highlighted — see its rank among niche peers.

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 Faceplastic author	478.4K
BZ Stay healthy	448.6K
ZE Healthy food	418.1K
HW Doctor Zubareva / Doctor Zubareva	414.2K
TD Home workouts YOU	123.5K

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#62 of 97). Niche median — 152.2K subs. First growth KPI — reach median. Leader: Test Purchase (770.1K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **422**, they brought **30 910** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	2	2	0	
December 2025	0	0	0	
Nov 2025	169	122	16 107	
Oct 2025	43	42	0	
September 2025	62	55	14 246	
August 2025	146	143	557	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
422	6	30 910

— SECTION 08 · NICHE COMPARISON

Where the channel ranks in its league

Took top-100 channels in category «Health & Fitness» (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.

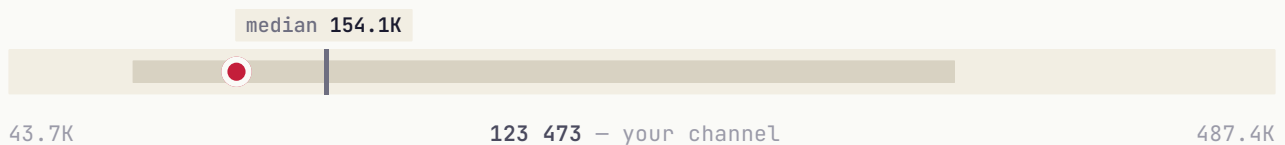
#62 /100

POSITION IN NICHE

Channel in the lower half of the ranking

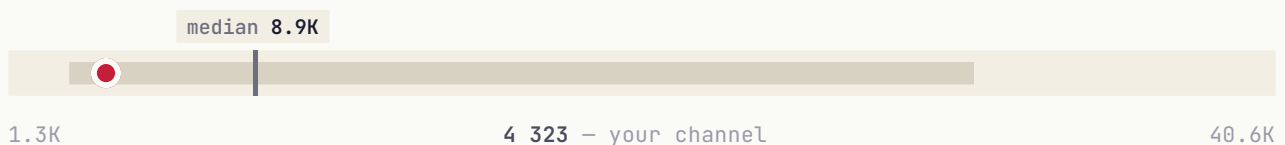
SUBSCRIBERS

20% below median



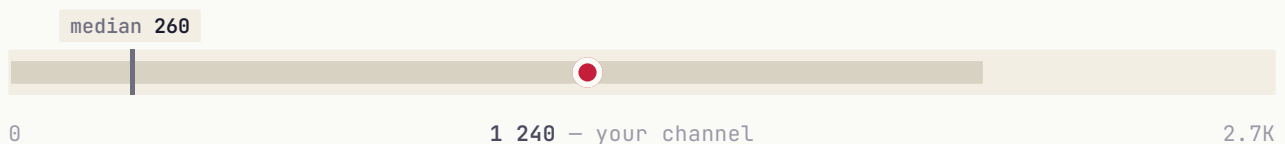
AVG REACH / POST

51% below median



CITATION INDEX

better than 71% of niche



— SECTION 09 · STRATEGY

What to do right now

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

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

Audience is most active on this day at 18:00 MSK.

EFFECT

**Best window
for an
important post****02****ER below niche benchmark — rethink formats**

Current ER 3.5% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+3.5pp ER**03****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****04****Test polls and interactive formats**

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

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes from public data.
To go further — run ads through us and close your growth plan
in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

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