

PUBLIC REPORT BY PROMTPRESS

Channel audit

venera_os 🍍

Венера Осепчук



@venera_oss

Top food blogger PR collabs: @karinaspicy VK <https://vk.com/veneraos> Max https://max.ru/venera_oss RKN...

SUBSCRIBERS

145 516

-1657 per month

ERR (% WHO SEE POSTS)

8.0%

daily 4.3%

REACH/POST

10.9K

ad reach 6.3K/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 145 516 —	 SUBSCRIBER REACH 7.49% avg % subs see post	 VIEWS/POST 10.9K median 10.6K · 26 days	 POSTS/WEEK 25.2 over period
 7D TREND +6.5% vs previous week	 REACTIONS/POST 336.4 31,619 reactions, 6,100 reposts, 618 comments	 POST LENGTH 422 chars median 299 · 26 days	 POSTS ANALYZED 94 26 days
 AD REACH 6.3K 24h avg	 CHURN / MONTH -1657 last month	 CITATION RATE 18 citation index · 48 channels mentioned ever	 CHANNEL AGE 4 years 8 months created 19.10.2021

AI EDITOR SUMMARY

Channel «venera_os 🍍 Венера Осепчук» — 145 516 subs. Each post avg views 10.9K people (7% subs), reach low — need to grow audience. Publishes 25 posts/week (~4/day) — active. Week Jun 29–Jul 5 reach up +6.5% week 22–28 Jun — positive trend.

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 **94** posts in 26 days.
- 02 Dominant format — **Video** (88/94 posts).
- 03 Avg post length — **422** chars (median 299).
- 04 Peak audience activity — **Friday**, 21:00 MSK.
- 05 Top posts get **2x** more views than weakest (15.2K avg top vs 9K worst) — among 94 posts in 26 days. Worth analyzing what top have in common: topic, format, timing.

TOP 5 POSTS

Nº1 30.06 · 14:35 VIDEO 🍒 CHERRY TINCTURE! Cherry season is starting, reminding you how to make a tasty drink for a good mood 😊👉 For a 3-liter jar...	VIEWS 16 985 REP. 230	REACTIONS 359 ER 11.7%
Nº2 26.06 · 18:03 VIDEO Since you asked for a recipe, here's a great meat, potato and mushroom stew. Any meat works, can skip mushrooms. Everything...	VIEWS 14 532 REP. 236	REACTIONS 425 ER 10.0%
Nº3 30.06 · 08:19 VIDEO PIZZA - irresistible 😊👉 Let's keep deliciously using up fridge leftovers! Lots of cheese and cold cuts left after...	VIEWS 13 985 REP. 287	REACTIONS 370 ER 9.6%

Nº4 19.06 · 16:53 VIDEO I see this new tomato salad with grainy cottage cheese in cream in all reels. Everyone is raving about it, so I couldn't resist and also decided...	VIEWS 13 478 REP. 15	REACTIONS 364 ER 9.3%
Nº5 21.06 · 17:25 VIDEO There was a promo for our recipe book with cookies.	VIEWS 13 090 REP. 3	REACTIONS 191 ER 9.0%

|

WORST 3

↓ 29.06 · 07:40 VIDEO Good morning everyone! Special hugs to our beloved 'old' subscribers 🥰❤️ and so happy to see new faces 🥰❤️ I want to introduce you...	VIEWS 9 092 REP. 1	REACTIONS 394 ER 6.2%
↓ 13.06 · 05:27 VIDEO I know you've been waiting 🥰	VIEWS 9 075 REP. 2	REACTIONS 303 ER 6.2%
↓ 15.06 · 17:32 VIDEO Remember, Seryozha cooked pilaf in a cauldron over an open fire, and all his cups and gadgets were on the ground 🙈 Without much thought, he decided to take himself...	VIEWS 8 920 REP. 6	REACTIONS 271 ER 6.1%

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 or lost subscribers.



— SECTION 04 · CITATIONS

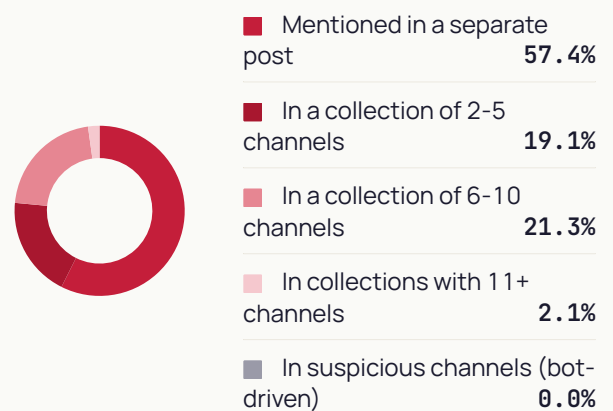
Who and how mentions the channel

Citation index **18** — channel popularity score based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All time channel was mentioned **48** different channels.

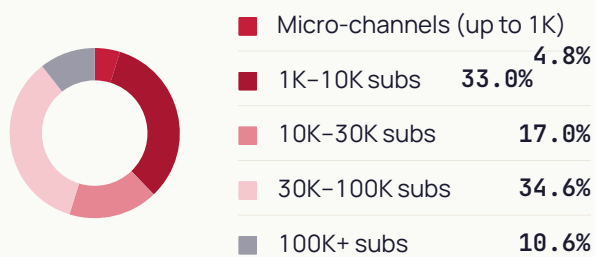
COUNTRIES MENTIONING



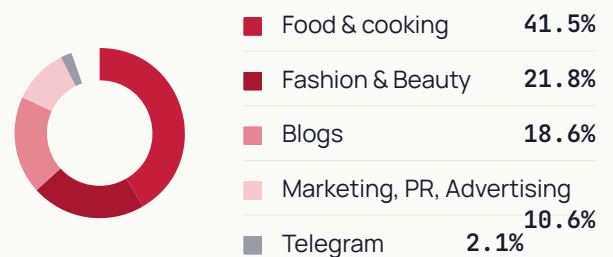
FORMAT OF MENTIONS



WHAT SIZE CHANNELS MENTION



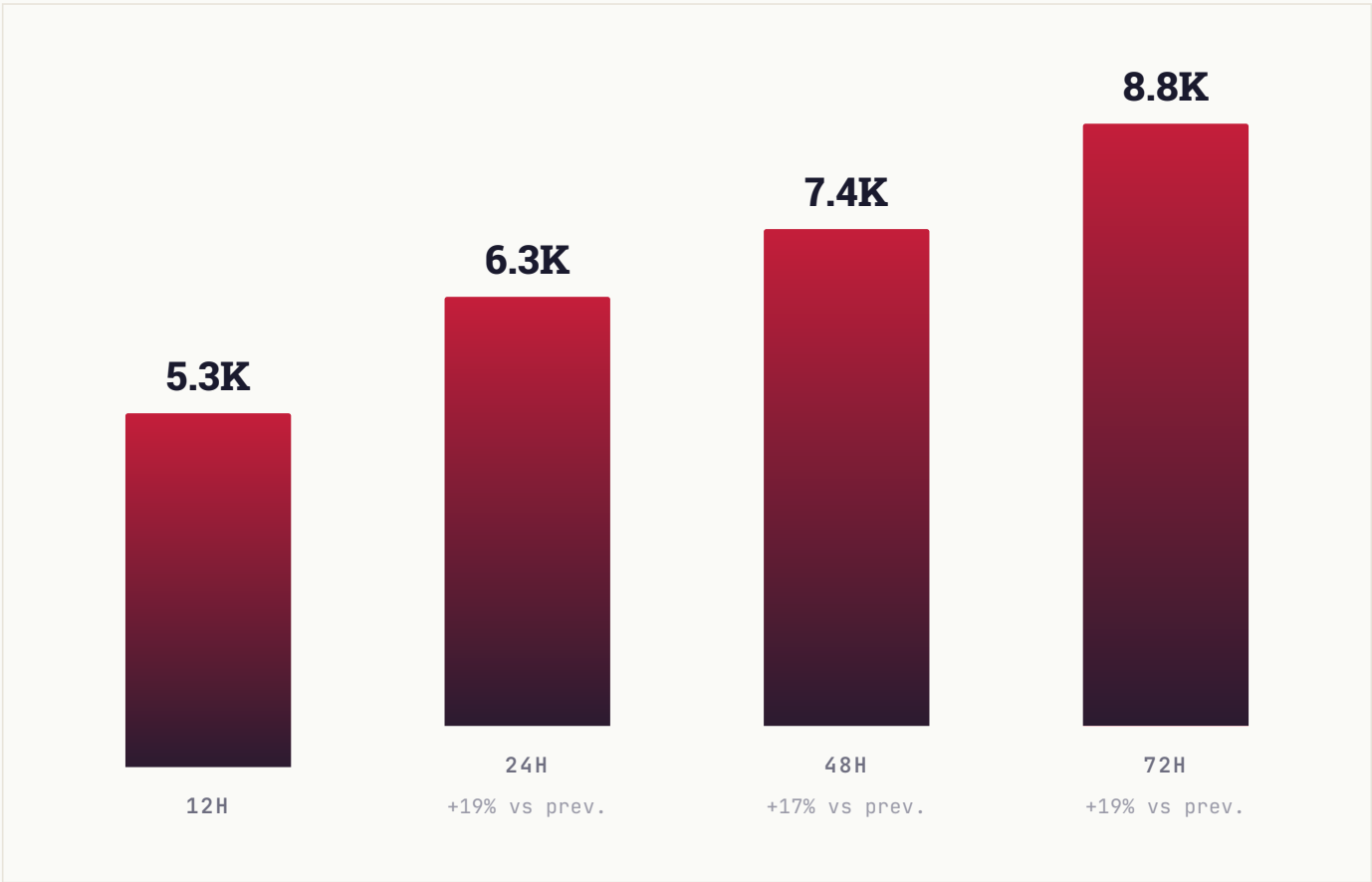
TOPICS MENTIONED IN



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 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
KR Cooking Recipes Salads 🧑🍳	995.6K
FR Pyaterochka	776.5K
🍰M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
PR Simple Recipes	586.9K
KR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty and cheap 🍲	487.7K
CI CHIZHIK	485.1K
TH Daily recipes	461.5K
V 🍍 venera_os 🍍 Венера Осепчук YOU	145.5K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#85 of 94). Niche median — 205K subs.
First KPI goal — 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 **43**, they brought **65 762** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	1 180	
December 2025	11	9	25 462	
November 2025	10	9	9 352	
October 2025	12	6	5 573	
September 2025	10	9	19 210	
August 2025	0	0	4 985	

TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBSCRIBERS
43	6	65 762

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

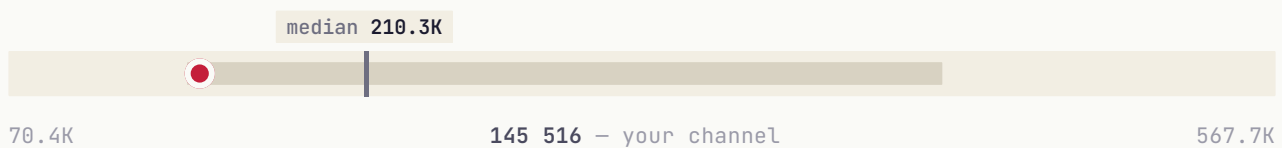
Took top-100 channels in category «Food & cooking» (Russia) and compared your channel against them. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#85 /100

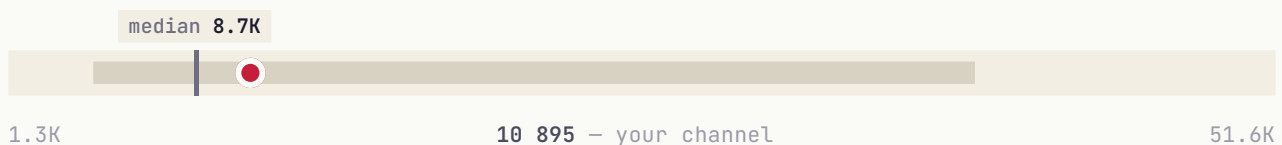
RANK IN NICHE

Channel in the bottom half of the ranking

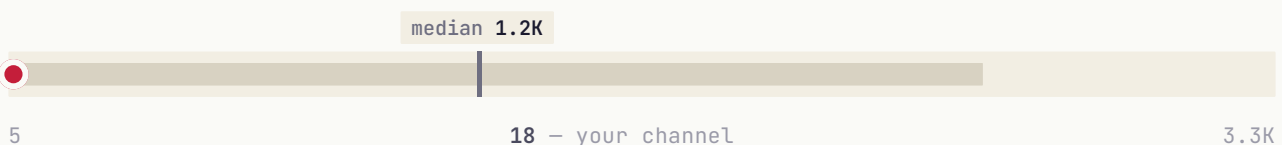
SUBSCRIBERS

31% below median

AVG REACH / POST

better than 52% of niche

CITATION INDEX

worse than median by 99%

— 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 Friday

Audience is most active on this day at 21:00 MSK.

EFFECT

**Best window
for an
important post**

02

ER below niche benchmark — rethink formats

Current ER 7.49% vs norm 9.0%. Try polls and interactive formats.

EFFECT

+1.5pp 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 weekly poll 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 minutes using public data. To go further — run ads with us and hit your growth plan in a month.

01

Launch ads in Telegram

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager