

PUBLIC REPORT BY PROMTPRESS

Channel audit

Vi Здесь по-настоящему!



@vibeви_life

Victoria Dobrovolskaya Everything — from healthy habits to family joys. Sharing life hacks, chatting heart-to-heart, answering women's questions. Warm, fun, and genuine! Join us? For all...

SUBSCRIBERS

50 388

-6948 per month

ERR (% SEE POSTS)

73.0%

last 24 hours **41.8%**

REACH/POST

36.5K

ad reach **21.5K/24h**

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly chart · growth

04 Citation rate

Who & how mentions the channel

05 Ad potential

How long a post brings reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Health & Fitness» category

09 Strategy

5 priority actions

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 50 388 —	 SUBS REACH 72.42% avg % subs see post	 VIEWS/POST 36.5K median 36.3K · 20 days	 POSTS/WEEK 1.4 for period
 7D TREND — no data for period	 REACTIONS/POST 1496.0 5,984 reactions, 7 reposts, 0 comments	 POST LENGTH 278 chars. median 285 · 20 days	 POSTS ANALYZED 4 20 days
 AD REACH 21.5K 24h avg	 CHURN / MONTH -6948 last month	 CITATION RATE 0 citation index · 2 channels mentioned all time	 CHANNEL AGE 4 years 7 months created 25.11.2021

AI EDITOR SUMMARY

Channel «Vi ❤️ Here for real!» — 50 388 subs. Avg views per post: 36.5K people (72% 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 & outsiders – to see what to repeat and what to drop.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 4 posts over 20 days.
- 02 Dominant format – Video (3/4 posts).
- 03 Avg post length – 278 chars (median 285).
- 04 Audience peak activity – Monday, 10:00 MSK.
- 05 Strongest posts get 1x more views than the weakest (37.1K avg for top vs 35.8K for worst) – among 4 posts in 20 days. Analyze what the top has in common: topic, format, timing.

TOP 4 POSTS

Nº1 22.06 · 07:13 VIDEO Just a treasure trove of surprises! 🛒✨🎨	VIEWS 38 674 REP. 2	REACTIONS 1 285 ER 76.8%
Nº2 12.06 · 19:40 PHOTO Happy Russia Day, friends! 🇷🇺 Today I want to say simple but important words: how great it is that we live in such a huge, beautiful and...	VIEWS 37 122 REP. —	REACTIONS 1 226 ER 73.7%
Nº3 02.07 · 10:12 VIDEO Continuing my marathon and already getting compliments. Nice, very nice 😊	VIEWS 35 510 REP. 3	REACTIONS 1 502 ER 70.5%

Nº4 03.07 · 07:59 VIDEO The first month of summer flew by! It was truly family-oriented, and that makes us incredibly happy. So many walks, meetings with friends...	VIEWS	REACTIONS
	34 666	1 971
	REP.	ER
	2	68.8%

WORST 3

↓ 12.06 · 19:40 PHOTO Happy Russia Day, friends! 🇷🇺 Today I want to say simple but important words: how great it is that we live in such a huge, beautiful and...	VIEWS	REACTIONS
	37 122	1 226
	REP.	ER
	—	73.7%
↓ 02.07 · 10:12 VIDEO Continuing my marathon and already getting compliments. Nice, very nice 😊	VIEWS	REACTIONS
	35 510	1 502
	REP.	ER
	3	70.5%
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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

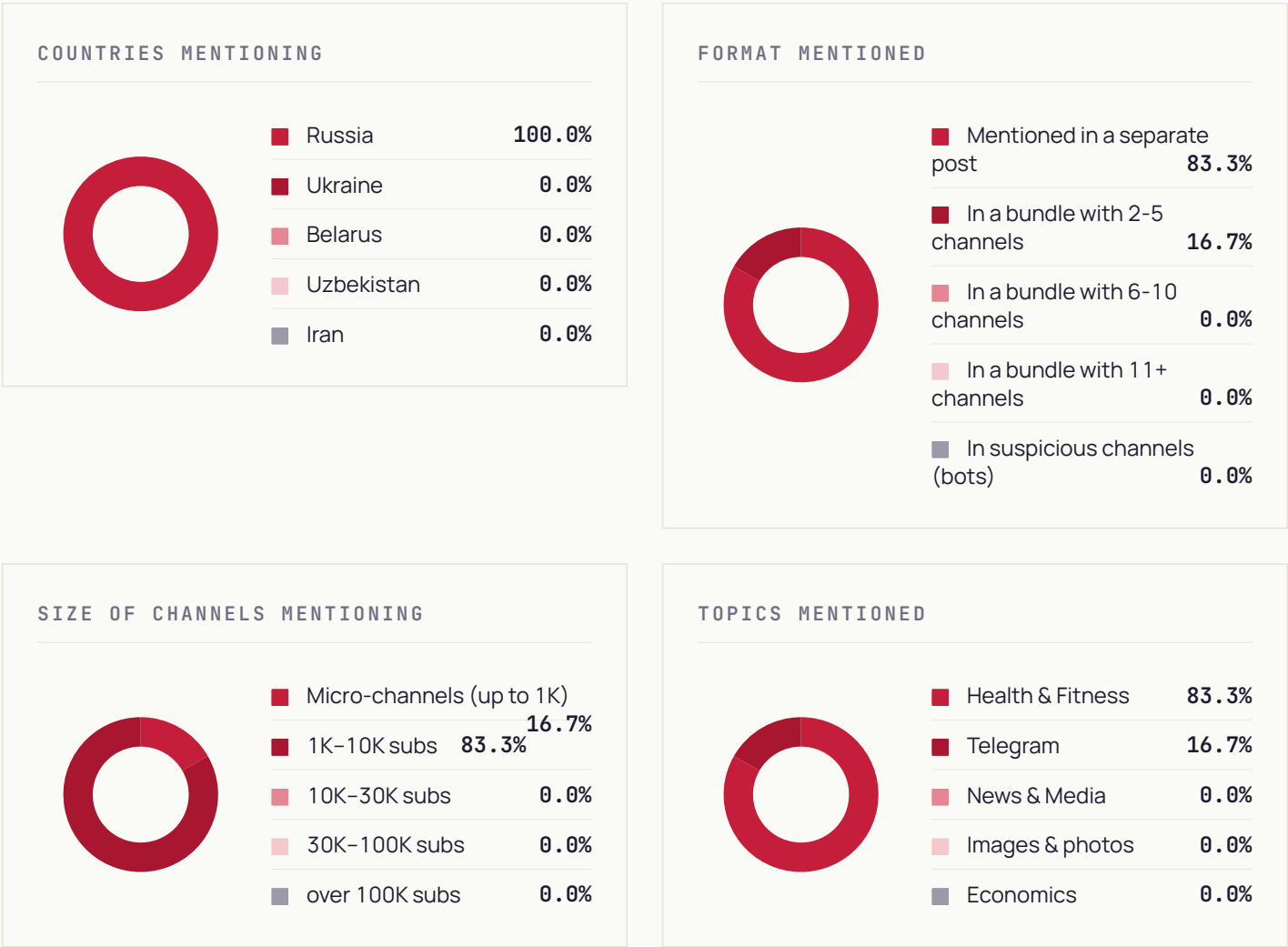
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and which lost subs.



SECTION 04 · MENTIONS

Who & how mentions the channel

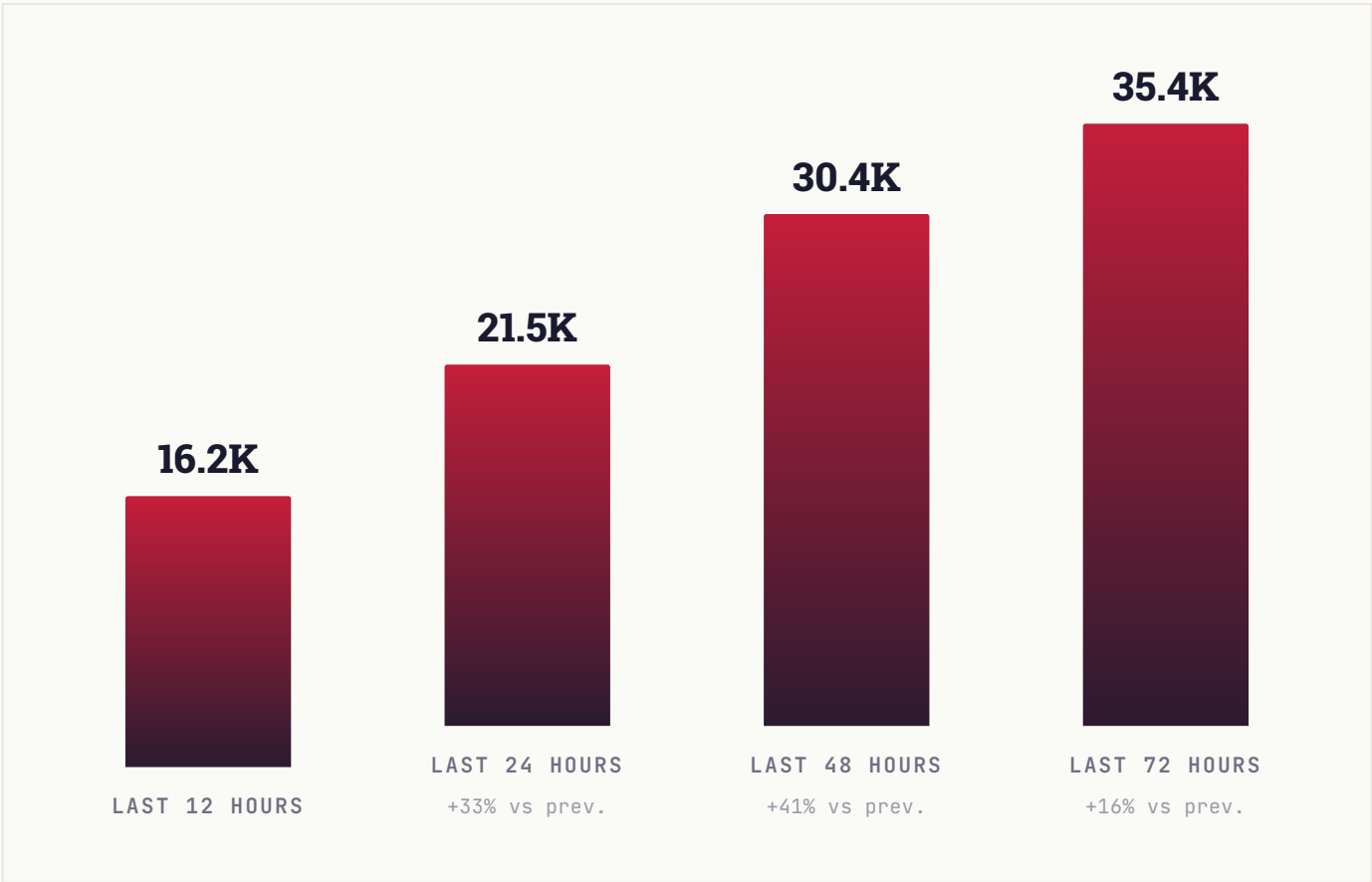
Citation index 0 – channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All time the channel was mentioned 2 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps estimate how long placement stays effective.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its place 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 Ulishchenko Osteopath, PhD Author of faceplastics	477K
BZ Be healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
V♥ Vi Здесь по-настоящему! YOU	50.4K

COMPARATIVE INSIGHT

Channel not yet outside niche top 97 — early growth stage. Niche leader — Test purchase (766.3K), median top-97: 154.7K. First goal — enter top-97 through systematic work with traffic and content.

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 **2**, they brought **2 195** new subs.

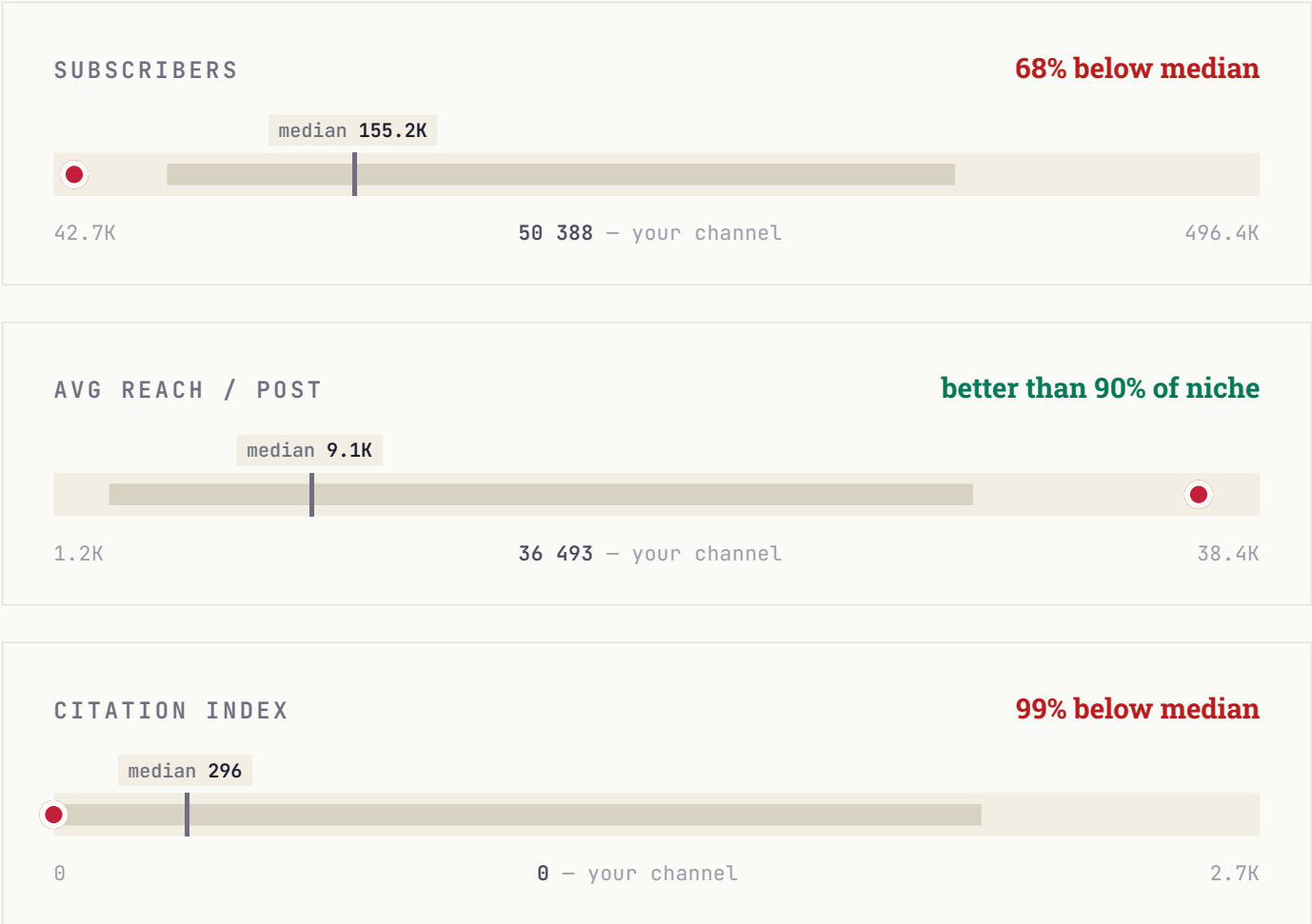
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS	
January 2026	0	0	1 879	
December 2025	1	1	316	
Nov 2025	1	1	0	
Oct 2025	0	0	0	
September 2025	0	0	0	
August 2025	0	0	0	

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
2	6	2 195

SECTION 08 · NICHE COMPARISON

Where the 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.



— SECTION 09 · STRATEGY

What to do right now

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

01

Increase posting frequency

Now 1.4 posts/week. Active channels average 7-10.
Consistency is key to audience retention.

EFFECT

**Consistency
over volume**

02

Main post of the week — on Monday

Audience is most active on this day at 10:00 MSK.

EFFECT

**Best window
for an
important post**

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 give +5-15% to ER.
One poll per week on a 'hot' topic — an easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with adjacent channels

Swap 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 is what we can do in minutes from public data. Want to go further? Run ads through 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