

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Vladimir Masterov



@vladimirmasterov

Healthy Eating, PP, Health, Weight Loss, Healthy Lifestyle

SUBSCRIBERS

28 811

+1034 per month

ERR (% SEE POSTS)

35.0%

per day 12.6%

REACH/POST

10K

ad reach 3.6K/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 28 811 —	 SUBS REACH 34.66% avg % subs see post	 VIEWS/POST 10K median 9.8K · 13 days	 POSTS/WEEK 4.2 for period
 7D TREND — no data for period	 REACTIONS/POST 236.5 total 1,892 reactions, 1,866 reposts, 0 comments	 POST LENGTH 487 chars median 414 · 13 days	 POSTS ANALYZED 8 13 days
 AD REACH 3.6K 24h avg	 CHURN / MONTH +1034 last month	 CITATION RATE 6 citation index · 62 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 12.03.2022

AI EDITOR SUMMARY

Channel «Vladimir Masterov» — 28 811 subs. Each post avg views 10K people (35% of subs), good reach. Publishes 4 posts per week (~1/day) — rare publications.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 8 posts in 13 days.
- 02 Dominant format — Video (6/8 posts).
- 03 Avg post length — 487 chars (median 414).
- 04 Audience peak — Sunday, 15:00 MSK.
- 05 Top posts get 1x more views than the weakest (12.1K avg top vs 8.1K worst) — among 8 posts in 13 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 21.06 · 12:57 VIDEO Title: Trichinosis and Control Measures (USSR, 1989) Description: A popular science and educational film from 1989 about trichinosis...	VIEWS 13 404 REP. 265	REACTIONS 245 ER 46.5%
Nº2 21.06 · 12:28 VIDEO Title: Human Roundworm: Structure, Symptoms, and Life Cycle Description: An illustrative biology educational film detailing...	VIEWS 11 862 REP. 334	REACTIONS 255 ER 41.2%
Nº3 21.06 · 12:24 VIDEO Title: Life Cycle of a Parasite: Pork Tapeworm (Part 2) Description: An illustrative educational film on zoology showing the process...	VIEWS 10 959 REP. 251	REACTIONS 227 ER 38.0%

Nº4

21.06 · 11:48

VIDEO

Title: Anatomy of a Parasite: Pork Tapeworm (Part 1)

Description: A short popular science video clearly explaining the structure of a pork...

VIEWS

9 772

REACTIONS

251

REP.

270

ER

33.9%

Nº5

26.06 · 08:15

VIDEO

No energy, weakness, apathy? Hidden cause doctors keep quiet about If you need my courses on enzyme therapy and antiparasitic...

VIEWS

9 727

REACTIONS

131

REP.

143

ER

33.8%

|

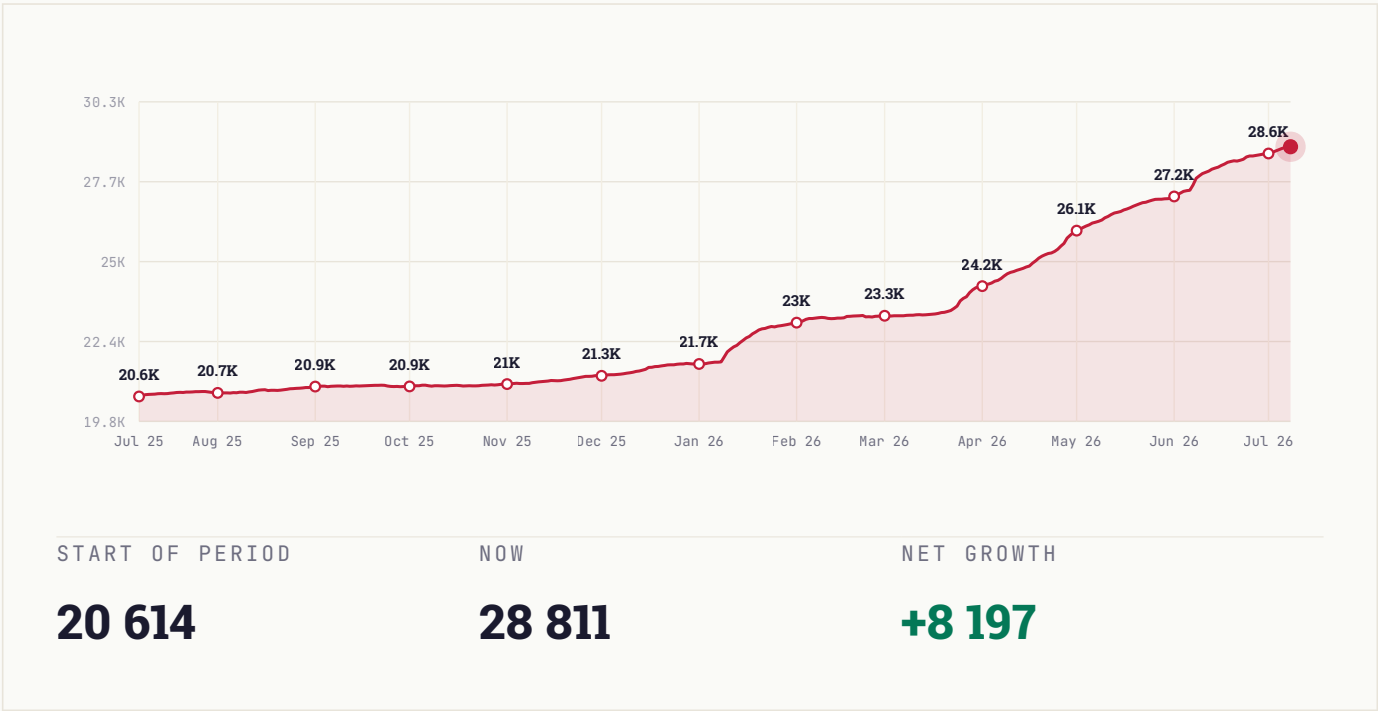
WORST 3

↓ 21.06 · 11:40 TEXT “They don't make these anymore”: unique films about parasites for full enlightenment Friends, sharing a real find — a cult...	VIEWS 9 539 REACTIONS 186 REP. 129 ER 33.1%
↓ 21.06 · 11:41 VIDEO Title: Secrets of Tapeworms: Soviet Scientific Classic Description: A short and clear Soviet science education film...	VIEWS 9 113 REACTIONS 307 REP. 292 ER 31.6%
↓ 04.07 · 18:02 PHOTO Friends, pay attention to an alarming trend. Back in 2005, Order No. 664 invalidated old Soviet orders...	VIEWS 5 507 REACTIONS 290 REP. 182 ER 19.1%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

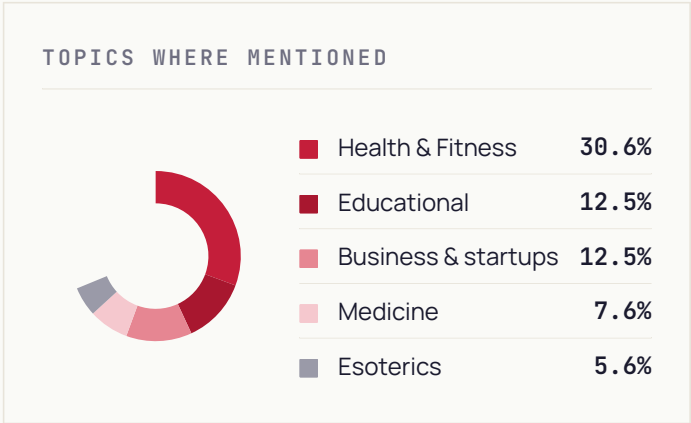
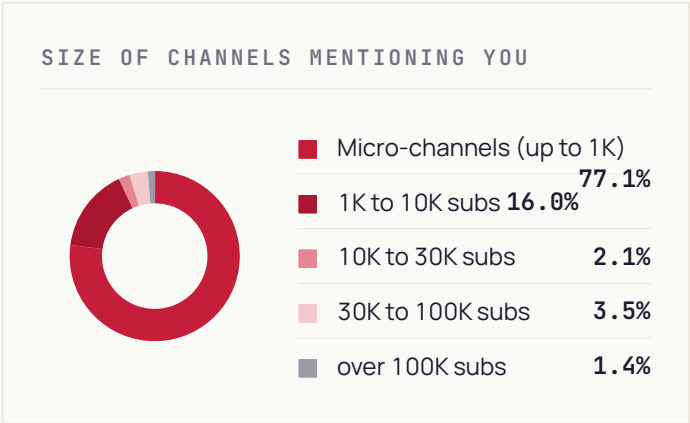
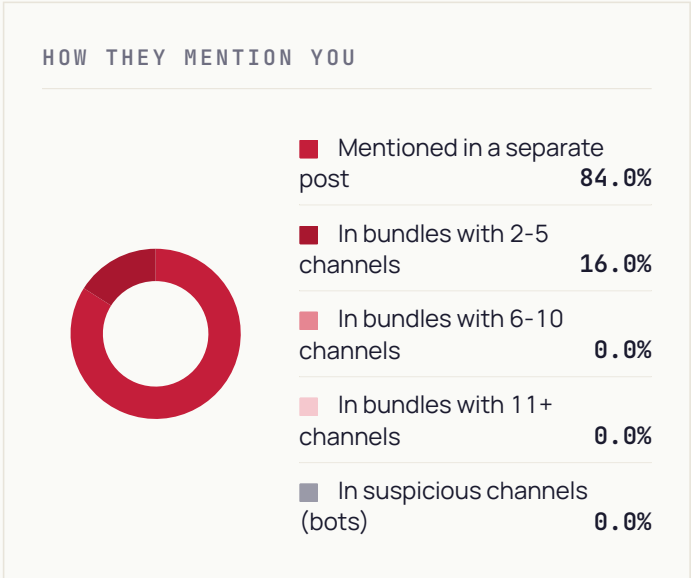
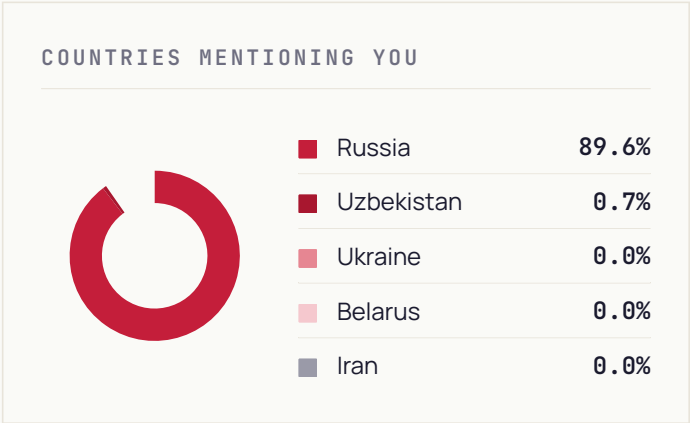
Subscriber growth chart for the year. Key months show exact sub count. See which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

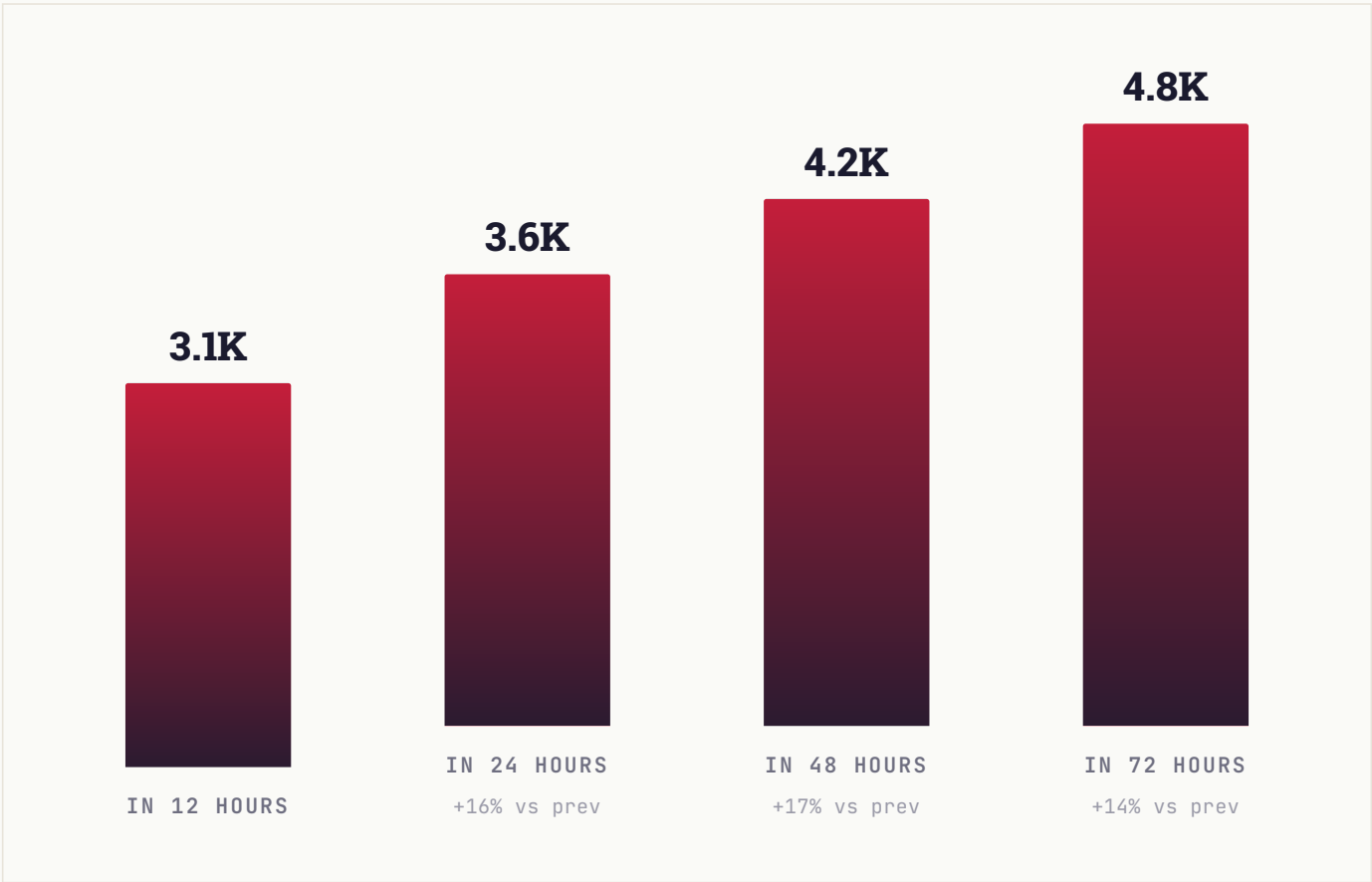
Citation index **6** – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from 1K. All-time mentions: **62** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 Nearby channels by topic & audience. Your channel is 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 Faceplastic author	477K
BZ Stay healthy	447.7K
ZE Healthy Food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
VM Vladimir Masterov YOU	28.8K

COMPARATIVE INSIGHT

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

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

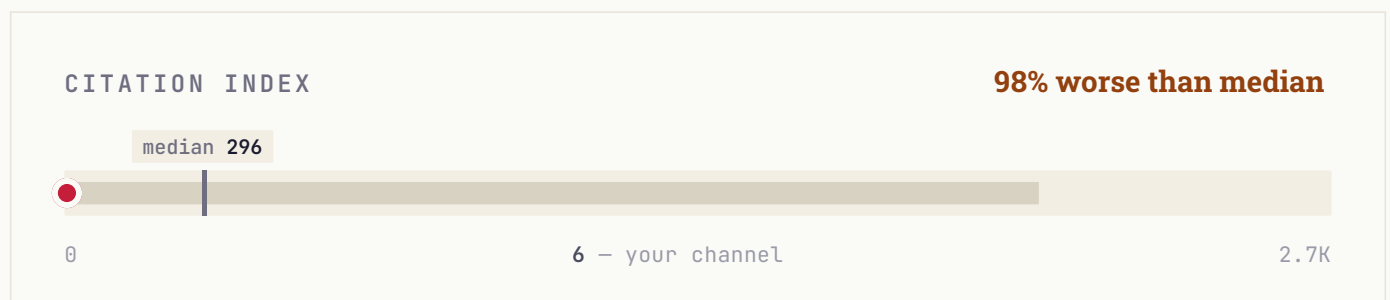
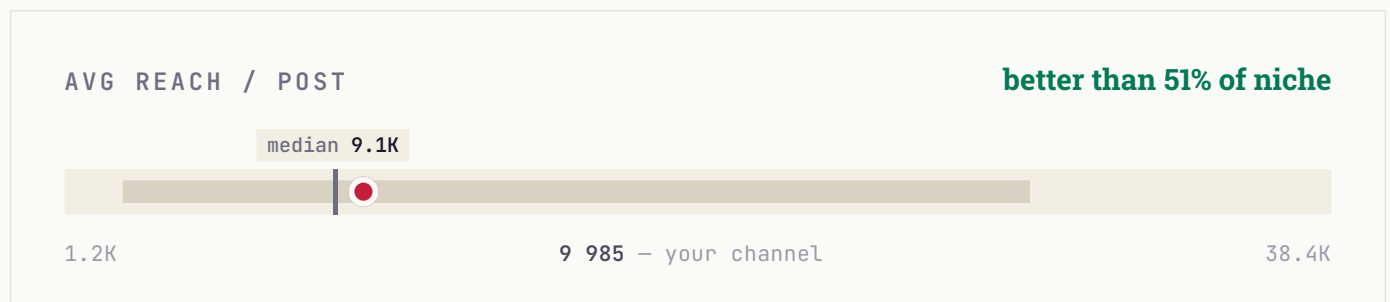
Each month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **5**, they brought **2 563** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	1	1	1 355
December 2025	2	2	409
November 2025	0	0	296
October 2025	0	0	152
September 2025	1	1	113
August 2025	1	1	238
TOTAL MENTIONS	MONTHS OF DATA		ATTRACTED SUBS
5	6		2 563

— SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «**Health & Fitness**» (Russia) and compared your channel. Gray band: range for 80% of niche channels (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 off and revisit next month.

01

Increase posting frequency

Now 4.2 posts/wk. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume****02**

Top post of the week — on Sunday

Audience is most active on this day at 15:00 MSK.

EFFECT

**Best window
for 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 & interactive formats

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

EFFECT

+5-15% ER**05**

Cross-promo with nearby 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 us to do this **PromptPress?**

This audit is what we can do in minutes from public data. Want to go further? Run ads with us and hit your growth plan in a month.

01

Launch Telegram ads

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

02

Contact manager

t.me/PromptPress_manager