

PUBLIC REPORT PROMTPRESS

Channel audit

I'm losing weight | PP Recipes



@ya_hudeu1

Weight loss recipes & home workouts ❤️ Ads: @venera_miss
@o_promote Buys: @elyya_2610, @nemico12 For...

SUBSCRIBERS

201 106

-3680 per month

ERR (% SEE POSTS)

3.0%

per day 1.4%

REACH/POST

4.8K

ad reach 2.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

Each card is a separate channel health indicator. Subtitle shows the period.

 SUBSCRIBERS 201 106 -	 SUBSCRIBER REACH 2.4% avg % subs see post	 VIEWS/POST 4.8K median 5.2K · 29 days	 POSTS/WEEK 35.2 for period
 7D TREND -5.3% vs previous week	 REACTIONS/POST 13.1 only 1,934 reactions, 5,149 reposts, 0 comments	 POST LENGTH 232 chars median 196 · 29 days	 POSTS ANALYZED 148 29 days
 AD REACH 2.8K 24h avg	 CHURN / MONTH -3680 last month	 CITATION RATE 705 citation index · 1,037 channels mentioned all time	 CHANNEL AGE 2 years 21 days created 11.06.2024

AI EDITOR SUMMARY

Channel "T'm losing weight | PP Recipes" – 201 106 subs. Each post averages 4.8K people (2% from subs), reach is low – consider expanding audience. Publishes 35 posts per week (~5/day) – active posting. For week Jun 15–21, reach dropped -5.3% to week Jun 8–14 – worth analyzing reasons.

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 SHARE

- 01 Analysis based on **148** posts over 29 days.
- 02 Dominant format — **Video** (131/148 posts).
- 03 Avg post length — **232** chars (median 196).
- 04 Peak audience activity — **Monday**, 09:00 MSK.
- 05 Top posts get **2x** more views than the weakest (6.4K avg top vs 3.6K worst) — among 148 posts over 29 days. Worth analyzing what top posts share: topic, format, timing.

TOP 5 POSTS

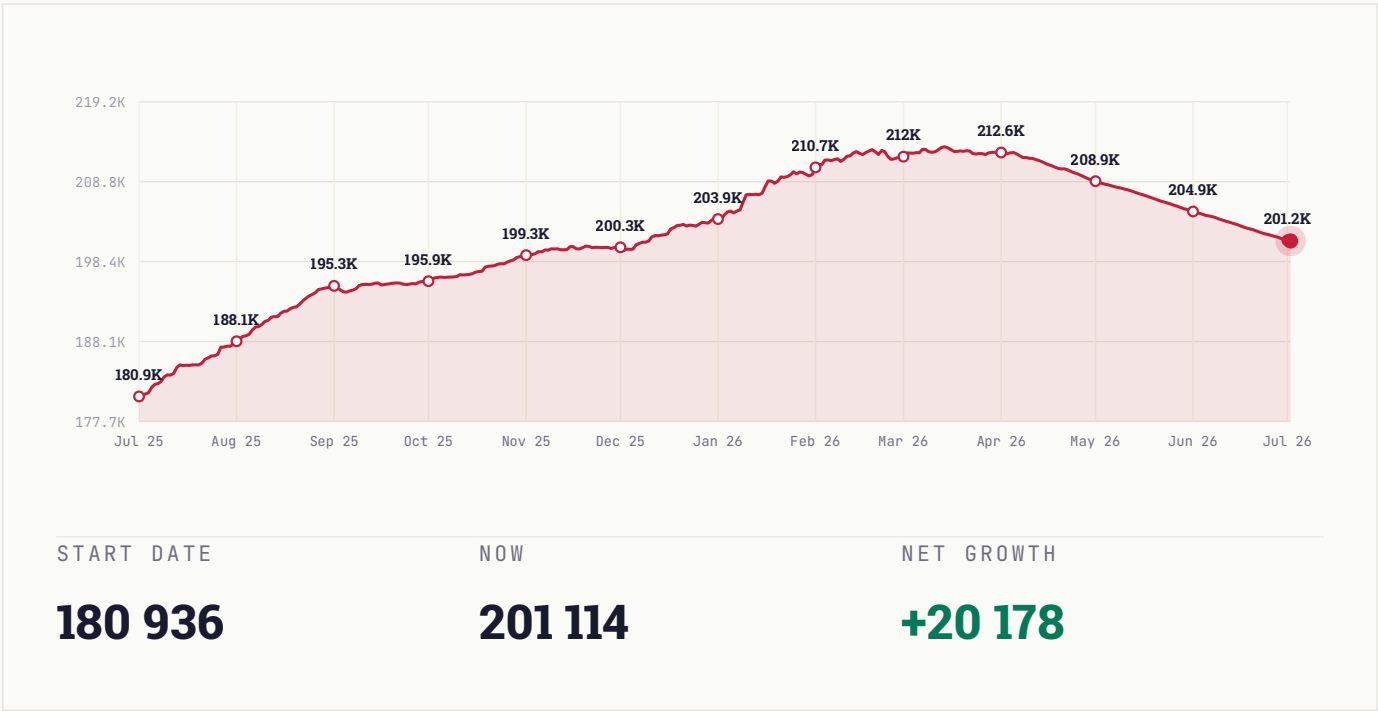
Nº1 03.06 · 07:10 VIDEO Easy broccoli casserole👉 KBJU 286/37/14/3 🥗 150g broccoli 🥗 300g chicken fillet 🥗 3 eggs 🥗 75g cheese 😊 I'm losing weight PP Recipes 🇷🇺...	VIEWS 6 492 REPOSTS 106	REACTIONS 17 ER 3.2%
Nº2 03.06 · 18:10 VIDEO What's better to overeat so it doesn't turn into fat ? 😊 I'm losing weight PP Recipes 🇷🇺 Subscribe to MAX	VIEWS 6 438 REPOSTS 18	REACTIONS 22 ER 3.2%
Nº3 07.06 · 15:10 VIDEO Casserole to boost protein👉 Per 100g: 98/8.48/4.12/6.64 Per serving: 408/35.32/17.15/27.65 🥗 Yogurt 250g 🥗...	VIEWS 6 299 REPOSTS 82	REACTIONS 17 ER 3.1%

Nº4 13.06 • 07:10 VIDEO PP sausages in dough 🥨 KBJU (per 1 pc with 40g sausage & dough): 176/13/5.4/17 🥗 Sausages (e.g., turkey & beef breast) —...	VIEWS 6 102 REPOSTS 30 REACTIONS 12 ER 3.0%
Nº5 13.06 • 15:10 VIDEO Light healthy snack 🥒 KBJU per 100g: 44/1.9/1.2/6.8 🥗 zucchini – 500g 🥗 onion – 1 pc 🥗 parsley – bunch 🥗 salt – 0.5 tsp 🥗 sugar – 1...	VIEWS 6 101 REPOSTS 115 REACTIONS 21 ER 3.0%
WORST 3	
↓ 29.06 • 11:10 VIDEO Work inner thighs 🔥 😊 I'm losing weight PP Recipes 🇷🇺 Subscribe in MAX	VIEWS 3 665 REPOSTS 61 REACTIONS 16 ER 1.8%
↓ 27.06 • 15:10 VIDEO Low-cal potato cake 😊 KBJU per 1 pc: 103/3.8/2.5/16 🥗 Savoirdi – 150g 🥗 Ricotta 30% – 80-100g 🥗 Coffee – 150g (in coffee...	VIEWS 3 591 REPOSTS 30 REACTIONS 12 ER 1.8%
↓ 27.06 • 13:00 VIDEO Protein pie with tuna 😊 KBJU per whole pie: 923/148/27/21 🥗 Soft low-fat cottage cheese 500g (I use Skyr) 🥗 2 whole eggs 🥗 Tuna in...	VIEWS 3 586 REPOSTS 48 REACTIONS 16 ER 1.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

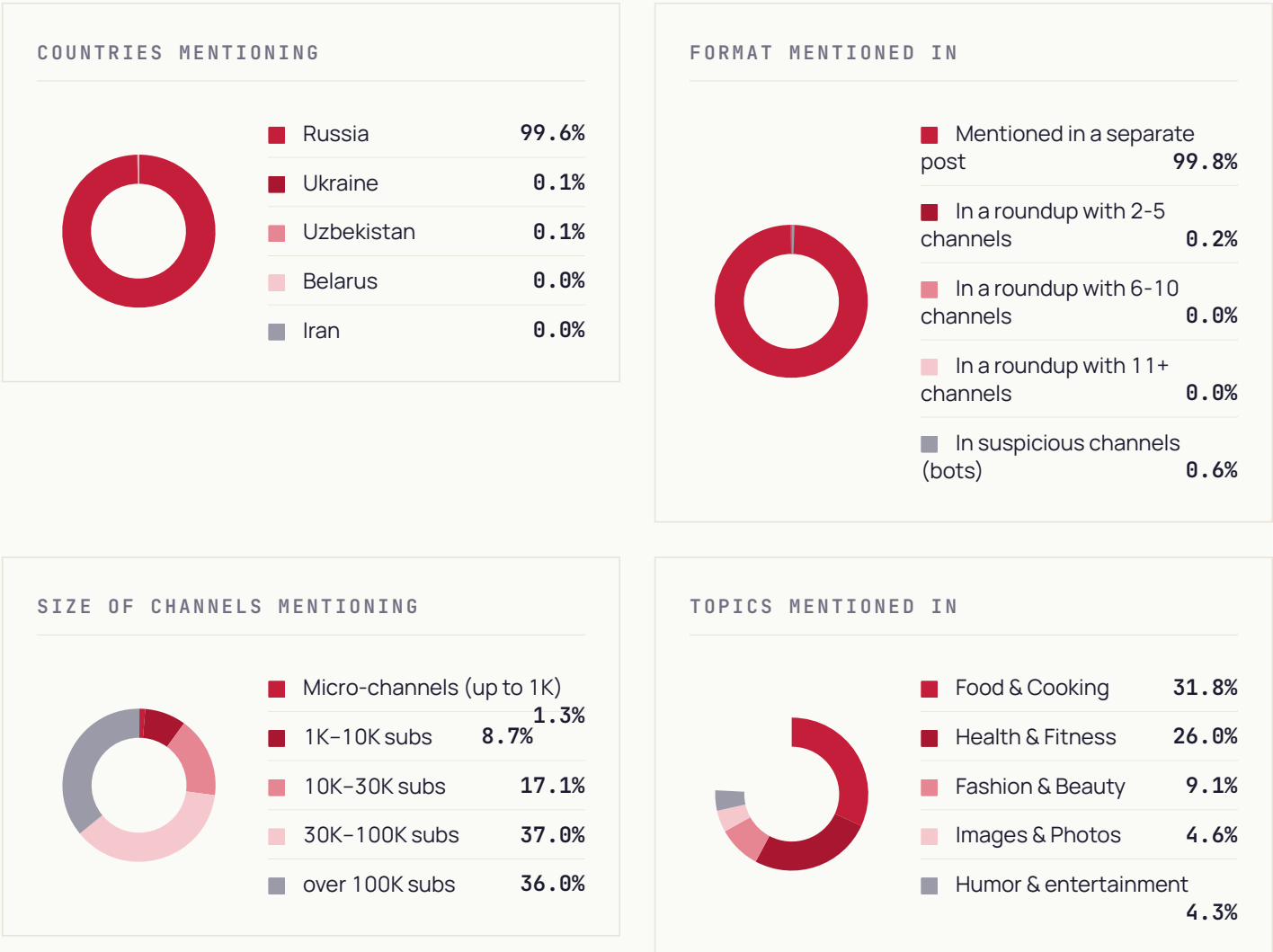
Yearly subscriber growth chart. Key months show exact subscriber count. Shows growth and loss months.



SECTION 04 · MENTIONS

Who mentions the channel & how

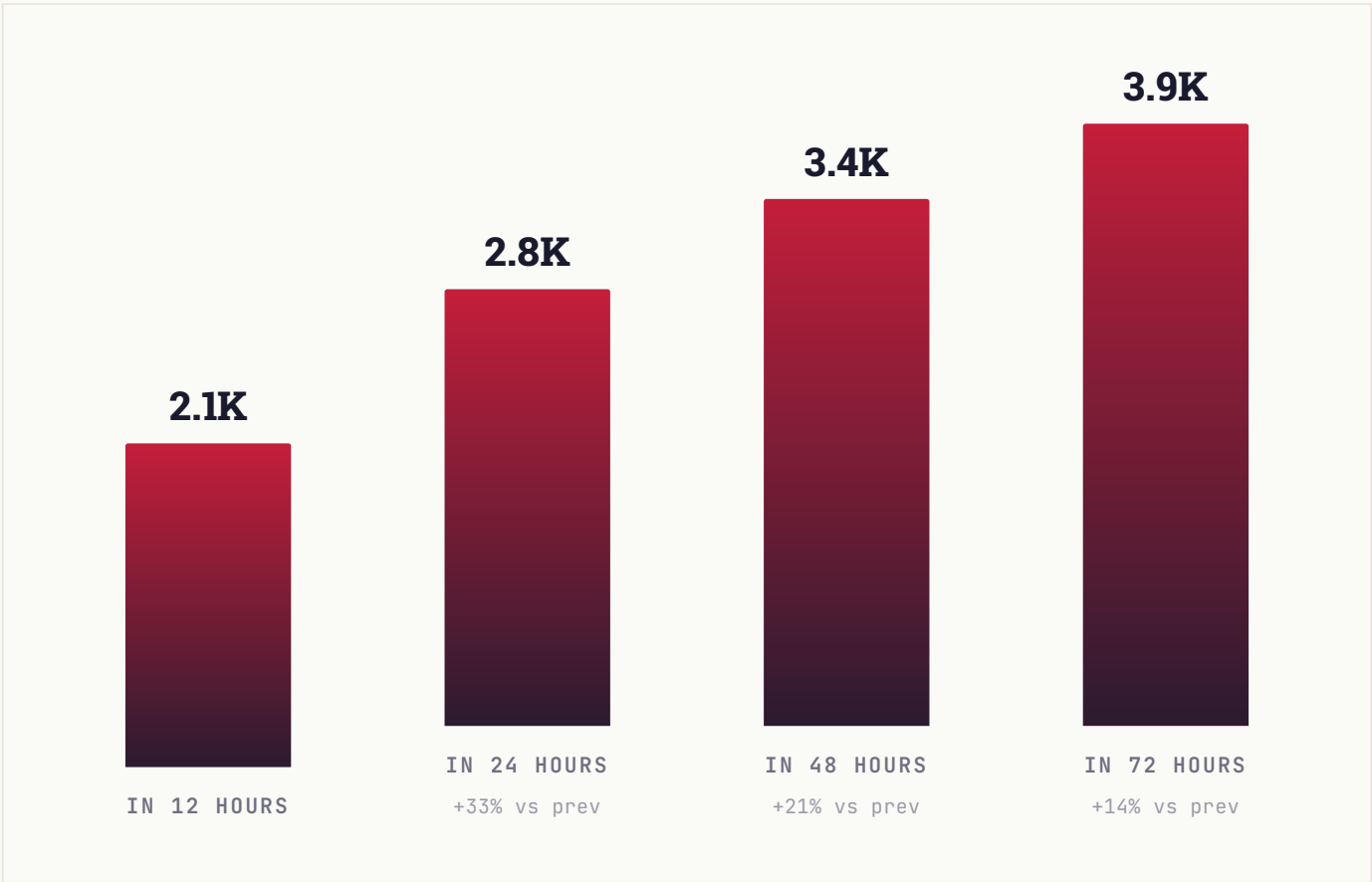
Citation index **705** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from 1K. All time channel mentioned **1 037** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg ad post reach 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	768.4K
BI Biohackers	583.1K
BI Biohacking	533.5K
SL Sport Life	525.1K
VN Eternity in Tibet	494.1K
NT Our Body	481.6K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	477.8K
BZ Stay Healthy	448.2K
ZE Healthy Food	417.5K
DZ Doctor Zubareva / Doctor Zubareva	413.8K
YH I'm losing weight PP Recipes YOU	201.1K

COMPARATIVE INSIGHT

Channel in top half of niche (#32 of 97). Niche leader — Test Purchase (768.4K), median subs 152.8K. Aim for top quartile — realistic 6-12 month horizon.

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 **1 446**, they brought **27 074** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
Jan 2026	255	177	7 319	
December 2025	276	176	4 708	
Nov 2025	181	131	2 189	
Oct 2025	276	161	3 340	
September 2025	223	157	2 038	
August 2025	235	153	7 480	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
1 446	6	27 074

— SECTION 08 · NICHE COMPARISON

Where the channel ranks 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.

#32

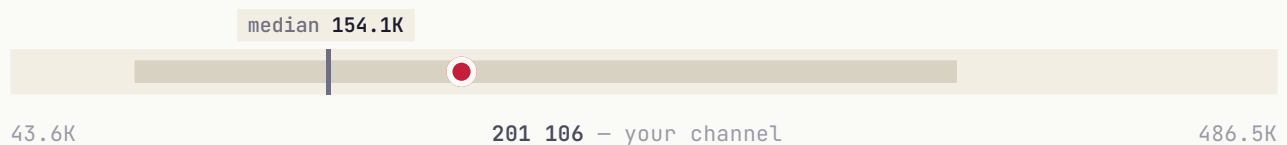
/100

RANK IN NICHE

Channel in top half of ranking

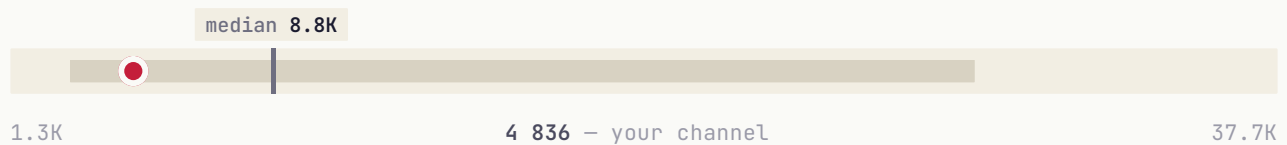
SUBSCRIBERS

better than 58% of niche



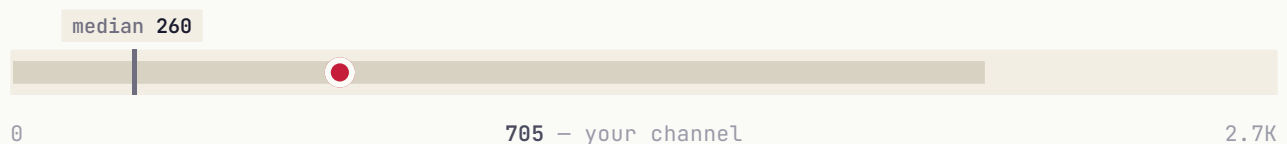
AVG REACH / POST

45% below median



CITATION INDEX

better than 59% of niche



— 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

Top post of the week — on Monday

Audience is most active on this day at 09:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 2.4% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+4.6pp ER

03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds 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 — easy win.

EFFECT

+5-15% ER

05

Cross-promo with similar channels

Swap posts with same-segment channels once a quarter. 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 a few minutes based on 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
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02	Contact manager	t.me/PromptPress_manager
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