

— PUBLIC REPORT BY PROMTPRESS

Channel audit

annaZh



@zhngym

No. 4993362518 for ads contact: @exs_ad/ t.me/ExSCompany

SUBSCRIBERS

10 534

-64 per month

ERR (% SEE POSTS)

60.0%

in 24 hrs 27.5%

REACH/POST

7.3K

ad reach 2.9K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 10 534 —	 SUBSCRIBER REACH 68.9% avg % subs see post	 VIEWS/POST 7.3K median 7.3K · 4 days	 POSTS/WEEK 3.2 for the period
 7D TREND — no data for period	 REACTIONS/POST 306.0 total 612 reactions, 31 reposts, 14 comments	 POST LENGTH 82 chars median 82 · 4 days	 POSTS ANALYZED 2 4 days
 AD REACH 2.9K 24h avg	 CHURN / MONTH -64 last month	 CITATION RATE 8 citation index · 16 channels mentioned all time	 CHANNEL AGE 2 years 11 months created 22.07.2023

AI EDITOR SUMMARY

Channel «annaЖ» – 10 534 subs. Each post averages 7.3K people (69% of subs), wide reach for a channel this size. Posts 3 posts/week (~0/day) – rare posts.

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 TOP POSTS HAVE IN COMMON

- 01 Analysis based on 2 posts over 4 days.
- 02 Dominant format — **Photo** (2/2 posts).
- 03 Avg post length — **82** chars (median 82).
- 04 Peak audience activity — **Thursday**, 11:00 MSK.
- 05 Top posts get **1x** more views than the weakest (4.8K avg for top vs 7.3K for worst) — among 2 posts in 4 days. Analyze what top posts share: topic, format, timing.

TOP 2 POSTS

Nº1 25.06 · 08:55 PHOTO yay... YouTube video with Egorchik chatted a bit discussed women and hypermobility of my joints basically quickly WATCH	VIEWS	REACTIONS
	8 546	195
	REPOSTS	ER
	9	81.1%

Nº2 29.06 · 18:19 PHOTO first cosplay little nervous	VIEWS	REACTIONS
	5 970	417
	REPOSTS	ER
	22	56.7%

WORST 2

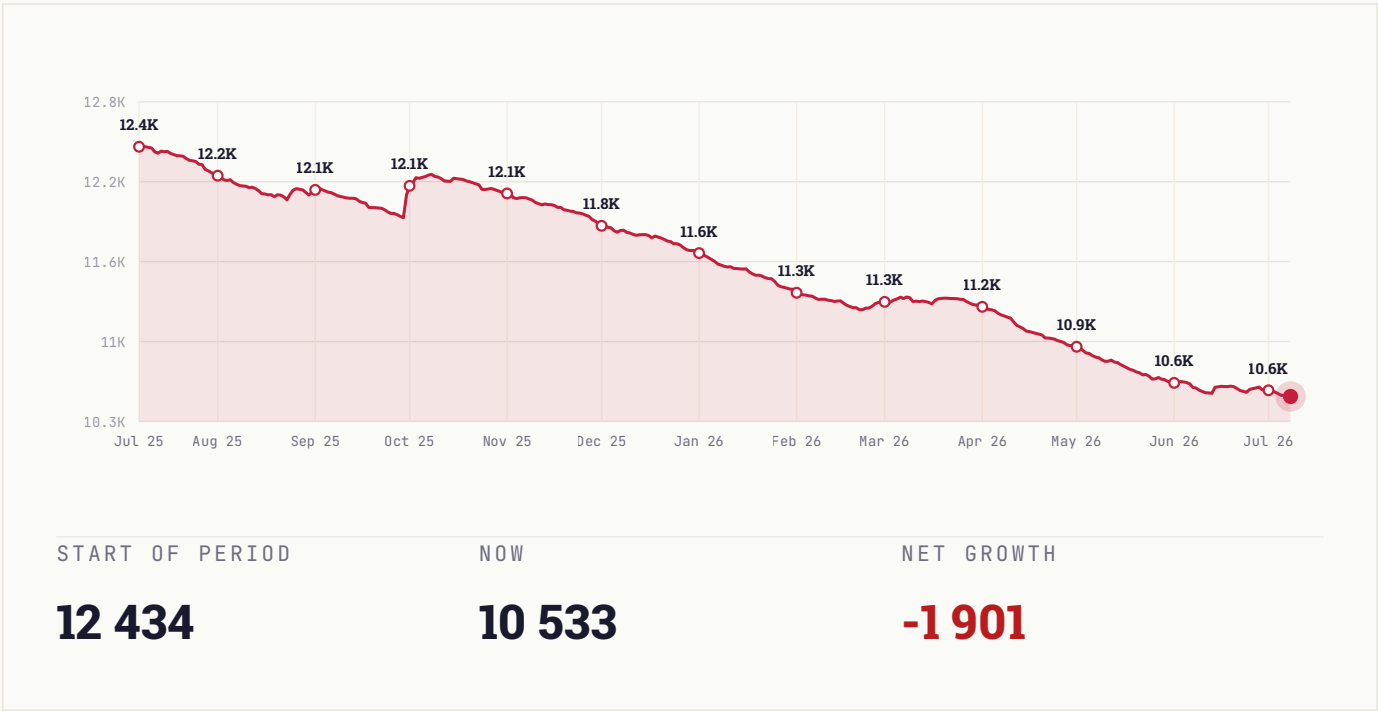
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		22	56.7%

SECTION 03 • SUBSCRIBER DYNAMICS

How the channel grew over the year

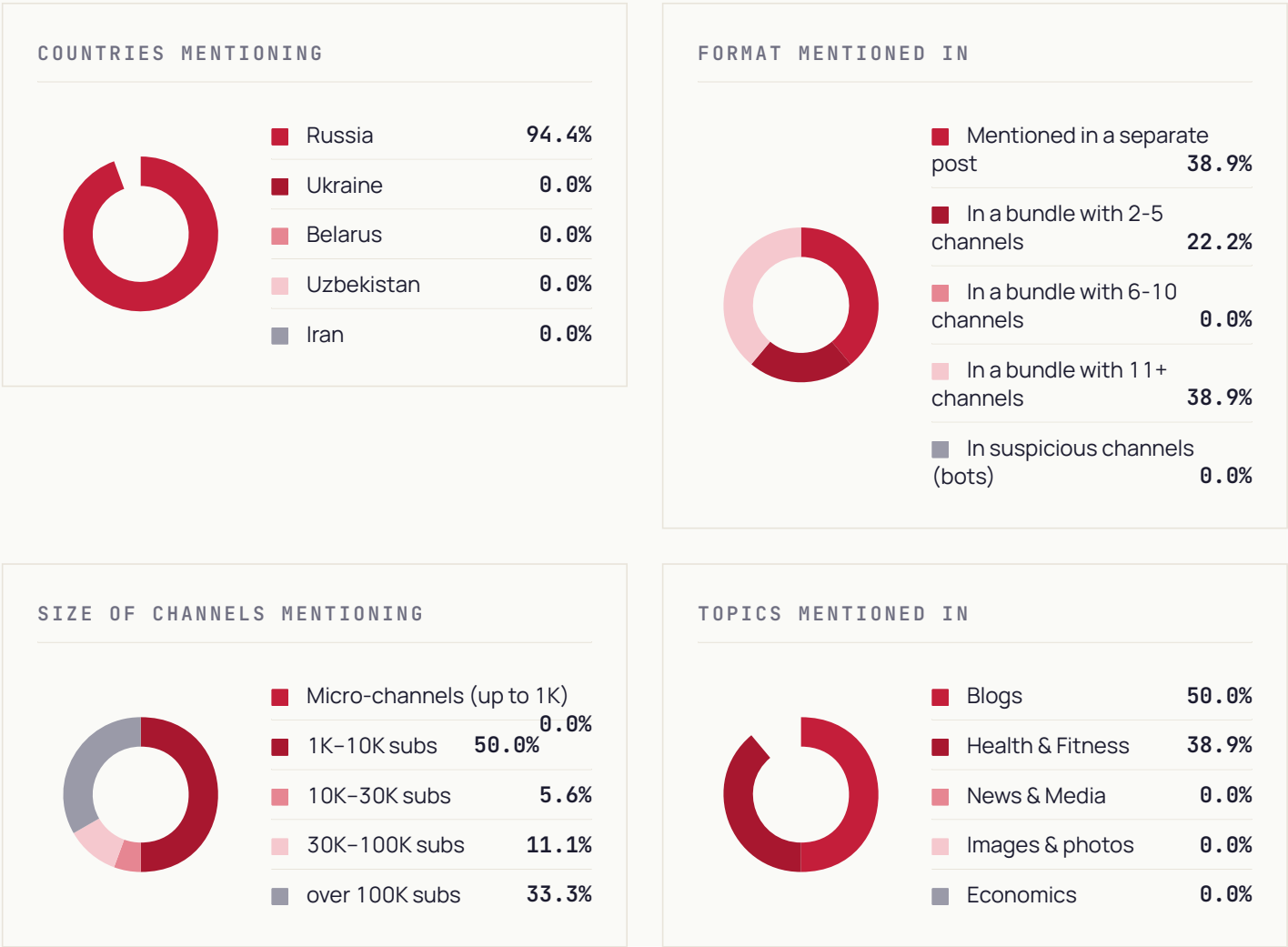
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

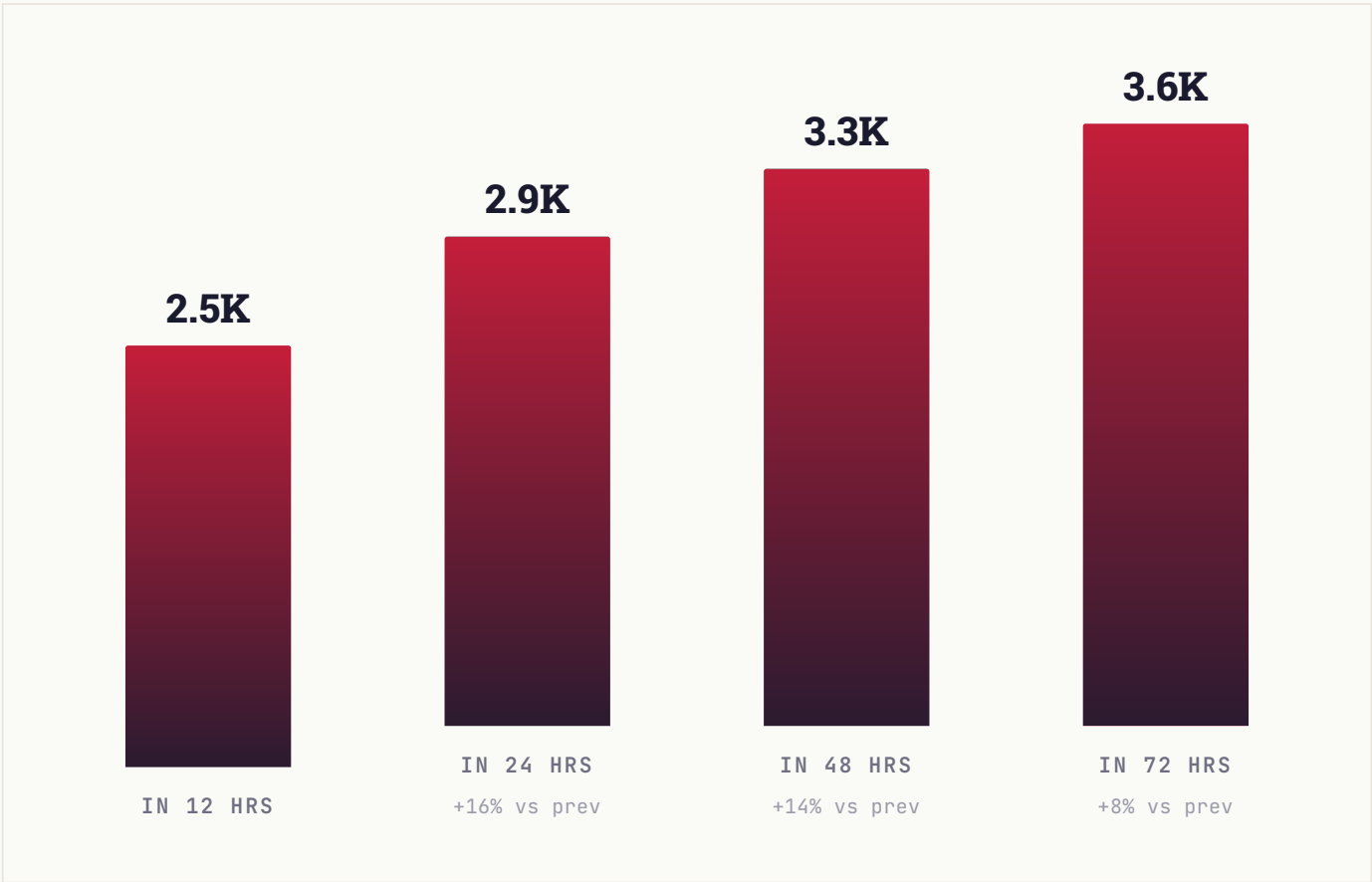
Citation index 8 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All-time channel was mentioned **16** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 closest channels by topic and 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 Author of faceplastics	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva / Doctor Zubareva	413.5K
AN annaZh YOU	10.5K

COMPARATIVE CONCLUSION

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

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

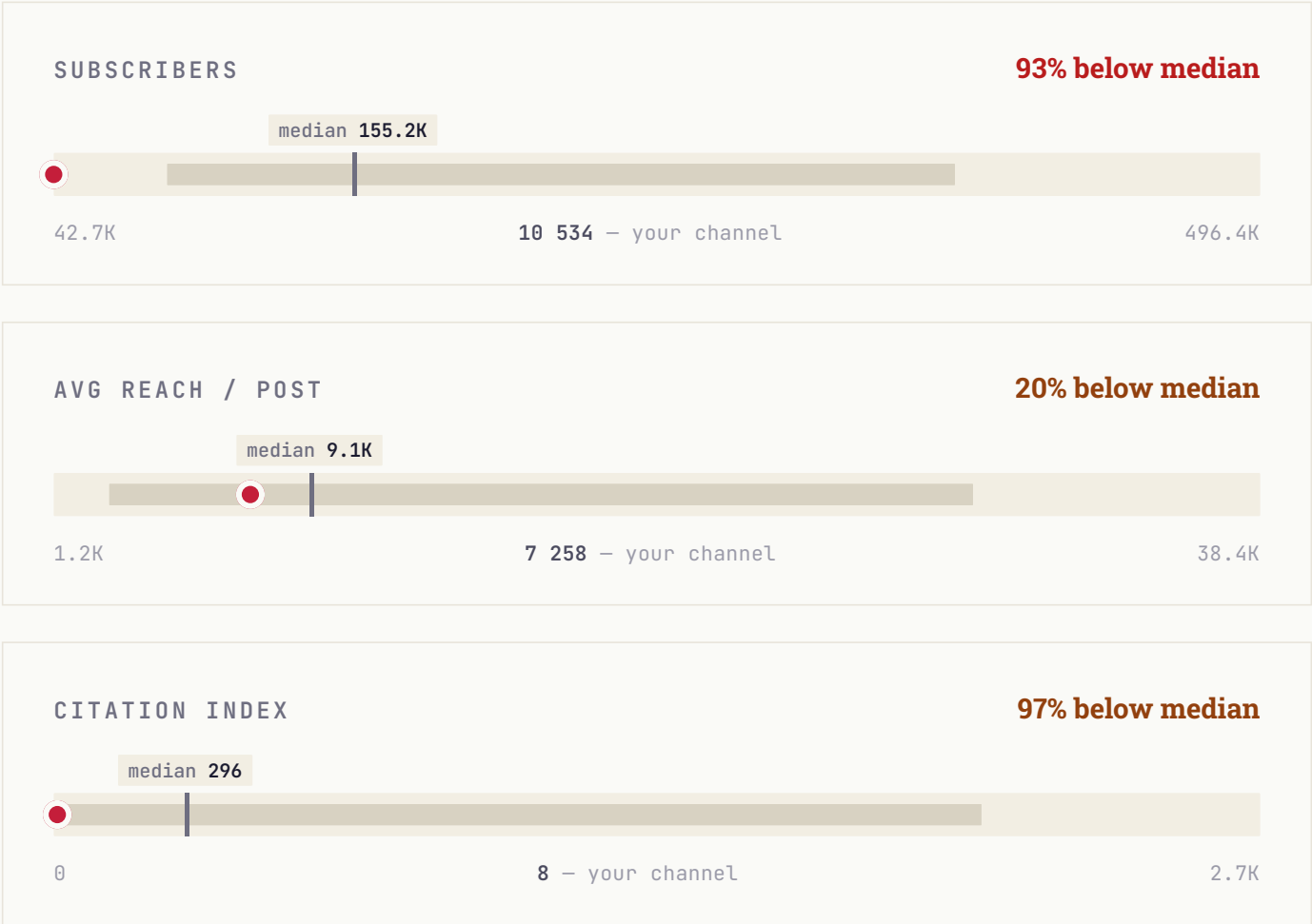
We track posts in other channels that mention yours monthly. Over the last **6 months** such mentions were **4**, they brought **588** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	4	
December 2025	1	1	36	
Nov 2025	0	0	14	
Oct 2025	0	0	192	
September 2025	1	1	209	
August 2025	2	2	133	
TOTAL MENTIONS		MONTHS OF DATA		ACQUIRED SUBSCRIBERS
4		6		588

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 covering 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 in a month.

01**Increase posting frequency**

Currently 3.2 posts/week. Active channels average 7-10. Consistency is key to audience retention.

EFFECT

**Consistency
beats volume****02****Main post of the week — on Thursday**

Audience is most active on this day at 11:00 MSK.

EFFECT

**Best time for
an important
post****03****Increase video post share**

Video in Telegram retains audience longer and is favored by the algorithm. Aim for 15-25% share.

EFFECT

**Video retains
audience
better****04****System traffic purchase**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs****05****Test polls & interactive formats**

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic — easy growth point.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using 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
