

Among those who made 2020 resolutions

3) How many, if any, of the resolutions you made for 2020 did you manage to keep? Please select the option that best applies.

	US adults	Gender						Generation		
		Female	Male	Intersex	Agender	Genderfluid	Non-binary / non-conforming	Millennials	Gen X	Baby Boomer
1) I kept all of the resolutions I made	35%	34%	35%	100%	0%	0%	0%	37%	28%	29%
2) I kept some, but not all of the resolutions I made	49%	54%	43%	0%	100%	100%	0%	51%	44%	51%
3) I did not keep any of the resolutions I made	16%	12%	21%	0%	0%	0%	0%	12%	28%	18%
4) Don't know/ can't recall	1%	0%	1%	0%	0%	0%	100%	0%	0%	2%
Unweighted N	338	171	150	1	1	1	1	106	89	94

Weight Nat Rep

