	Ĺ		Gend	Generation						
							Non-binary/			
1) Did you make any New Year's							non-			
Resolutions for the year 2020?	US adults	Female	Male	Intersex	Agender	Genderfluid	conforming	Millennials	Gen X	Baby Boomer
1) Yes, I did	27%	28%	26%	100%	33%	25%	14%	37%	23%	20%
2) No, I did not	71%	69%	74%	0%	67%	75%	86%	60%	74%	80%
3) Don't know	2%	3%	1%	0%	0%	0%	0%	3%	3%	1%
Unweighted N	1500	758	682	1	3	4	7	366	388	555

Among those who made 2020 resolutions

		Gender						Generation			
2) Which of the following New Year's Resolutions did you make							Non-binary /				
for 2020? Please select all that							non-				
apply.	US adults	Female	Male	Intersex	Agender	Genderfluid	conforming	Millennials	Gen X	Baby Boomer	
1) Doing more exercise or	os addits	remare	Wide	meersex	rigerraer	Genacijiaia	conjoining	14mmermana	Genz	baby boomer	
improving my fitness	46%	45%	47%	100%	0%	0%	0%	47%	41%	59%	
2) Losing weight	44%	48%	40%	0%	0%	100%	0%	41%	51%	50%	
3) Improving my diet	45%	50%	40%	0%	0%	0%	0%	43%	40%	45%	
4) Saving more money	41%	46%	36%	100%	100%	0%	0%	52%	38%	28%	
5) Pursuing a career ambition	19%	22%	15%	0%	0%	0%	0%	27%	19%	9%	
6) Giving up smoking	8%	8%	8%	0%	0%	0%	0%	8%	12%	7%	
7) Decorating or renovating part											
of my home	10%	12%	7%	0%	0%	0%	0%	12%	7%	9%	
8) Taking up a new hobby	12%	14%	10%	0%	100%	0%	0%	15%	12%	11%	
9) Cutting down on drinking	7%	6%	8%	0%	0%	0%	0%	7%	13%	1%	
10) Quitting drinking entirely	3%	2%	5%	0%	0%	0%	0%	7%	0%	0%	
11) Volunteering or doing more											
charity work	8%	10%	6%	0%	0%	0%	0%	7%	14%	7%	
12) Spending more time with my											
family	13%	17%	9%	0%	0%	100%	0%	14%	20%	8%	
13) Spending less time on social											
media	13%	21%	3%	0%	0%	0%	0%	18%	6%	11%	
14) Raising money for a charity	2%	2%	3%	0%	0%	0%	0%	2%	3%	3%	
15) Something else	19%	15%	24%	0%	0%	100%	0%	19%	23%	15%	
16) Don't know	0%	0%	0%	0%	0%	0%	100%	0%	0%	0%	
Unweighted N	338	171	150	1	1	1	1	106	89	94	

Among those who made 2020 resolutions

			Generation							
 How many, if any, of the resolutions you made for 2020 did you manage to keep? Please select the option that best 							Non-binary / non-			
applies.	US adults	Female	Male	Intersex	Agender	Genderfluid	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

			Gend	Generation						
							Non-binary/			
4) Will you be making any New							non-			
Year's Resolutions for 2021?	US adults	Female	Male	Intersex	Agender	Genderfluid	conforming	Millennials	Gen X	Baby Boomer
1) I will	31%	34%	27%	100%	0%	25%	0%	38%	29%	24%
2) I will not	50%	47%	54%	0%	100%	75%	86%	41%	50%	62%
3) Don't know	19%	19%	19%	0%	0%	0%	14%	21%	21%	15%
Unweighted N	1500	758	682	1	3	4	7	366	388	555

Among those who intend to make 2021 resolutions

		Gender						Generation			
5) Which of the following New											
Year's Resolutions do you							Non-binary/				
intend to make for 2021?							non-				
Please select all that apply.	US adults	Female	Male	Intersex	Agender	Genderfluid	conforming	Millennials	Gen X	Baby Boomer	
1) Doing more exercise or											
improving my fitness	50%	49%	52%	0% -		100%	-	47%	43%	67%	
2) Losing weight	48%	49%	47%	100% -		0%	-	41%	49%	57%	
Improving my diet	39%	42%	34%	0% -		100%	-	38%	32%	47%	
4) Saving more money	44%	48%	38%	0% -		100%	-	55%	38%	43%	
5) Pursuing a career ambition	21%	22%	21%	0% -		100%	-	34%	15%	10%	
6) Giving up smoking	10%	10%	10%	0% -		0%	-	6%	18%	13%	
7) Decorating or renovating part											
of my home	10%	13%	7%	0% -		0%	-	9%	9%	13%	
8) Taking up a new hobby	14%	15%	14%	0% -		100%	-	12%	12%	18%	
9) Cutting down on drinking	4%	2%	6%	0% -		0%	-	6%	4%	1%	
10) Quitting drinking entirely	2%	2%	3%	0% -		0%	-	4%	3%	0%	
11) Volunteering or doing more											
charity work	10%	13%	7%	0% -		100%	-	6%	14%	17%	
12) Spending more time with my											
family	18%	21%	13%	0% -		0%	-	21%	17%	16%	
13) Spending less time on social											
media	13%	14%	12%	0% -		0%	-	16%	14%	7%	
14) Raising money for a charity	5%	6%	5%	0% -		0%	-	6%	4%	7%	
15) Something else	14%	13%	15%	0% -		0%	-	14%	16%	16%	
16) Don't know	5%	4%	5%	0% -		0%	-	6%	7%	0%	
Unweighted N	380	209	159	1	0	1	0	116	99	113	