

<b>New Year's Resolution</b>			
<b>USA Residents Who are Likely to Make a Resolution</b>			
	<b>Residents</b>	<b>Men</b>	<b>Women</b>
Lose weight	20%	17%	22%
Stop smoking	16%	15%	16%
Spend less money – save more	12%	9%	14%
Exercise more often	8%	5%	11%
Eat healthier	7%	8%	6%
Improve health	5%	6%	5%
Be a better person	4%	4%	5%
Volunteer or donate time or money	3%	5%	1%
Work harder	3%	6%	1%
Get a new job	3%	3%	3%
Be kinder to people	3%	4%	2%
Increase family time	2%	5%	<1%
Pay off debts	2%	1%	2%
School – continue education	2%	2%	1%
Stop drinking	2%	2%	1%
Worry less	2%	1%	1%
Set goals	1%	2%	1%
Get closer to God – religion – church	1%	2%	1%
Work less	1%	1%	<1%
Stop procrastinating	<1%	<1%	1%
Move or buy a house	<1%	1%	<1%
Use time more wisely – Get organized	<1%	<1%	1%
Other	3%	1%	5%