

YouGov Results - Resolutions for 2021

Fieldwork: 17th - 18th December 2020
Sample Size: 1656 GB Adults

	Gender		Age				Social Grade		Region					
	Total	Male	Female	18-24	25-49	50-64	65+	ABC1	C2DE	London	Rest of South	Midlands / Wales	North	Scotland
Weighted Sample	1656	805	851	181	691	399	386	944	712	199	556	359	399	142
Unweighted Sample	1656	699	957	135	640	416	465	1035	621	151	596	366	394	149
	%	%	%	%	%	%	%	%	%	%	%	%	%	%

Did you make any New Year's Resolutions for the year 2020?

Yes, I did	12	10	15	24	15	10	6	15	9	21	12	10	12	11
No, I did not	79	82	76	59	74	86	89	77	82	70	80	81	78	85
Don't know/ can't recall	9	8	9	18	11	4	4	8	9	9	8	8	11	5

You previously told us you made New Year's Resolutions for the year 2020... Which of the

[Asked only to those who answered that they did make some new year's resolutions; n=211]

Doing more exercise or improving my fitness	52	44	57	39	56	55	52	48	61	45	49	58	53	67
Losing weight	46	46	46	51	37	53	62	45	48	35	49	42	51	54
Improving my diet	38	33	41	32	39	34	49	36	42	28	36	34	49	49
Saving more money	35	37	33	22	42	30	34	32	41	22	34	36	49	24
Pursuing a career ambition	14	11	16	31	14	3	0	13	16	19	13	10	14	16
Giving up smoking	4	4	4	9	2	8	0	2	10	4	5	4	0	16
Decorating or renovating part of my home	11	13	9	0	12	11	24	8	17	7	14	6	15	0
Taking up a new hobby	11	15	9	12	11	11	9	12	9	16	14	6	4	21
Cutting down on drinking	12	17	9	13	9	17	19	14	9	11	13	9	14	15
Volunteering or doing more charity work	5	8	3	0	4	4	20	4	7	4	4	5	9	5
Spending more time with my family	11	11	11	9	10	12	15	11	10	14	13	8	10	3
Spending less time on social media	9	11	8	17	7	9	3	7	14	12	9	8	5	17
Raising money for a charity	1	1	1	0	0	6	0	1	1	0	1	0	3	0
Something else [See Tab 1.]	21	23	20	14	24	26	13	24	14	27	15	28	23	10
Don't know	1	0	1	2	0	2	0	1	0	0	1	0	0	5

You previously told us you made a New Year's Resolution for the year 2020... Thinking about 2020 so far...How many, if any, of the resolutions you made for 2020 did you manage to keep? (Please select the option that best app

[Asked only to those who answered that they did make some new year's resolutions; n=211]

I kept all of the resolutions I made	26	36	20	33	25	28	15	29	20	40	23	20	20	30
I kept some, but not all of the resolutions I made	48	50	47	44	46	51	64	46	55	46	44	53	53	48
I did not keep any of the resolutions I made	23	12	30	19	28	19	17	23	24	7	30	26	24	23
Don't know/ can't recall	2	2	3	4	1	2	4	3	2	6	2	0	2	0

Will you be making any New Year's Resolutions for 2021?

I will	19	15	23	38	23	14	10	24	13	26	18	18	20	16
I will not	67	71	62	38	61	74	82	66	68	57	71	68	67	61
Don't know	14	13	15	24	16	12	9	10	19	16	11	15	14	23

You previously told us you will make New Year's Resolutions for the year 2021... Which of the following New Year's Resolutions do you intend to make?

[Asked only to those who answered that they will make some new year's resolutions; n=313]

Doing more exercise or improving my fitness	53	45	59	43	55	59	59	56	47	60	54	61	47	37
Losing weight	48	42	51	38	45	59	61	45	54	22	50	60	54	34
Improving my diet	39	26	47	23	43	49	38	37	45	39	40	51	34	22
Saving more money	39	31	45	36	44	42	23	36	47	42	37	38	42	37
Pursuing a career ambition	18	16	19	20	22	13	6	16	22	24	16	27	12	7
Giving up smoking	6	6	7	2	8	10	2	6	7	14	5	2	5	11
Decorating or renovating part of my home	15	17	13	1	14	18	36	14	16	10	18	15	16	5
Taking up a new hobby	15	14	16	16	13	12	26	18	6	22	15	16	10	11
Cutting down on drinking	12	17	9	4	13	15	16	13	9	16	11	9	15	8
Volunteering or doing more charity work	10	12	9	9	12	5	15	9	14	10	7	18	10	6
Spending more time with my family	22	27	19	7	26	21	32	20	27	27	18	24	15	42
Spending less time on social media	15	16	14	17	17	7	15	16	12	15	11	17	16	24
Raising money for a charity	5	8	3	0	4	4	18	3	9	2	3	11	5	0
Something else [See Tab 2.]	12	12	11	5	12	20	12	11	12	13	8	18	12	7
Don't know	6	5	6	8	7	2	1	7	2	9	5	6	4	3