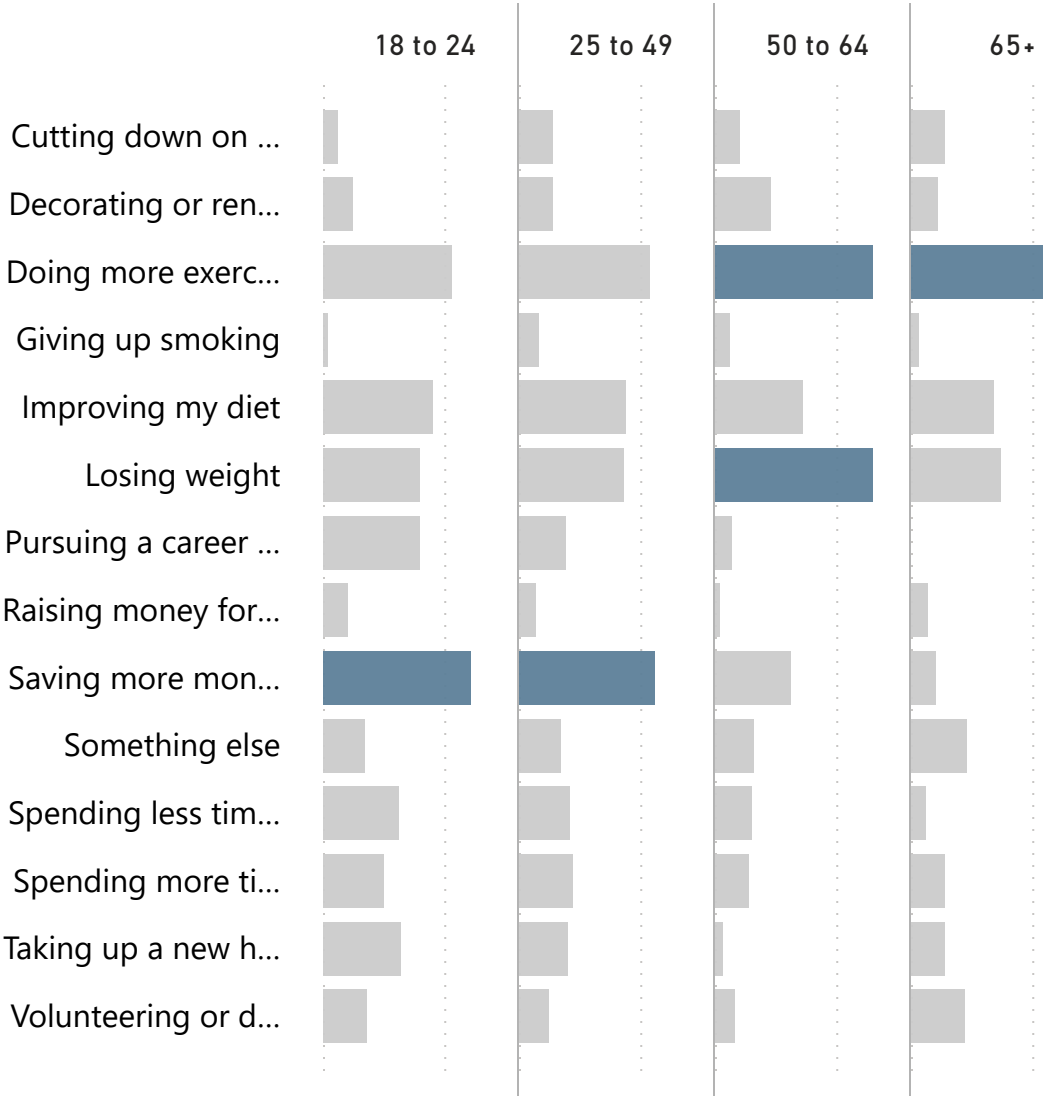


Britons New_Years_Resolutions 2024



Resolution	18 to 24	25 to 49	50 to 64	65+	Total
Cutting down on drinking	6,00%	14,00%	10,00%	14,00%	11,00%
Decorating or renovating part of my home	12,00%	14,00%	23,00%	11,00%	15,00%
Doing more exercise or improving fitness	53,00%	54,00%	65,00%	56,00%	57,00%
Giving up smoking	2,00%	8,00%	6,00%	3,00%	4,75%
Improving my diet	45,00%	44,00%	36,00%	34,00%	39,75%
Losing weight	40,00%	43,00%	65,00%	37,00%	46,25%
Pursuing a career ambition	40,00%	19,00%	7,00%	0,00%	16,50%
Raising money for a charity	10,00%	7,00%	2,00%	7,00%	6,50%
Saving more money	61,00%	56,00%	31,00%	10,00%	39,50%
Something else	17,00%	17,00%	16,00%	23,00%	18,25%
Spending less time on social media	31,00%	21,00%	15,00%	6,00%	18,25%
Spending more time with my family	25,00%	22,00%	14,00%	14,00%	18,75%
Taking up a new hobby	32,00%	20,00%	3,00%	14,00%	17,25%
Volunteering or doing more charity work	18,00%	12,00%	8,00%	22,00%	15,00%
Total	28,00%	25,07%	21,50%	17,93%	23,13%