New Year's Resolution Statistics

Rank	Top 10 New Years resolutions for 2015
1	Lose Weight
2	Getting Organized
3	Spend Less, Save More
4	Enjoy Life to the Fullest
5	Staying Fit and Healthy
6	Learn Something Exciting
7	Quit Smoking
8	Help Others in Their Dreams
9	Fall in Love
10	Spend More Time with Family

News Years Resolution Statistics	Data
Percent of Americans who **usually** make New Year's Resolutions	45%
Percent of Americans who **infrequently** make New Year's Resolutions	17%
Percent of Americans who **absolutlely never** make New Year's Resolutions	38%
Percent of people who are successful in achieving their resolution	8%
Percent who have infrequent success	49%
Percent who never succeed and fail on their resolution each year	24%
People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions	
Type of Resolutions (Percent above 100% because of multiple resolutions)	**Data**
Self Improvement or education related resolutions	47%
Weight related resolutions	38%
Money related resolutions	34%
Relationship related resolutions	31%
Age Success Rates	**Data**
Percent of people in their twenties who achieve their resolution each year	39%

Percent of people over 50 who achieve their resolution each year	14%
Length of Resolutions	**Data**
Resolution maintained through first week	75%
Past two weeks	71%
Past one month	64%
Past six months	46%
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