



National Survey Results

Q1 Did you make a New Year's resolution this year, or not?

Did34% *Did not*66%

Q2 (Q2-4 asked only of those who said 'yes' to Q1)
Was your main New Year's resolution to lose weight, quit smoking, exercise more, get organized, have more of a work-life balance, or none of the above?

Lose weight.....27% *Get organized*14%

Quit smoking..... 6% *Work-life balance* 9%

Exercise more.....25% *None of the above* ..19%

Q3 Have you kept your main New Year's resolution so far, or not?

Have84% *Have not*16%

Q4 (Asked only of those who said 'no' to Q3:) What was the primary reason you haven't kept your main New Year's resolution so far: you never keep New Year's resolutions, you don't believe in New Year's resolutions, you prefer to make changes throughout the year, or none of the above?

Never keep New Year's resolutions.... 3% *Prefer to make changes throughout year*.....39%

Don't believe in New Year's resolutions 0% *None of the above* ..58%

Q5 Do you feel guilty when you fail to keep your New Year's resolution, or not?

Do.....23% *Not sure* 7%

Do not.....70%

Q6 What do you think is the main reason people have a hard time keeping New Year's resolutions: they don't have time, they aren't realistic about what they can achieve, they lose motivation, they don't have support to achieve their goals, or something else?

Don't have time12% *Don't have support to achieve goals*..... 7%

Aren't realistic about what they can achieve31% *Something else/Not sure*.....13%

Lose motivation.....37%

Q7 If people had free access to weight loss coaching, tobacco cessation programs, an onsite gym, and other resources through work, do you think they would be more likely to keep their New Year's resolutions, or not?

Think it would make people more likely to keep them.....55% *Do not think it would*40%

Not sure 5%

Q8 I'm going to read you three things that some think may help people keep their New Year's resolutions. Then I'd like you to tell me if you think each would be helpful in keeping resolutions if people had access to them at work. First: weight loss coaching.

Think it would help people keep them ..49% *Do not think it would*41%

Not sure 9%

Q9 I'm going to read you three things that some think may help people keep their New Year's resolutions. Then I'd like you to tell me if you think each would be helpful in keeping resolutions if people had access to them at work. Next: a tobacco cessation program.

Think it would help people keep them ..43% *Do not think it would*46%

Not sure11%





Q10 I'm going to read you three things that some think may help people keep their New Year's resolutions. Then I'd like you to tell me if you think each would be helpful in keeping resolutions if people had access to them at work. Finally: an onsite gym.

Think it would help people keep them ... 59% *Do not think it would ...* 33%
Not sure 8%

Q11 Do you plan on celebrating Valentine's Day this year, or not?

Do 52% *Not sure* 7%
Do not 40%

Q12 Which of the following statements best describes how you feel about Valentine's Day: it's a nice way for loved ones to show how much they care, it's too commercial, it's a waste of time, or does none of these describe your feelings?

Nice way for loved ones to show they care 44% *A waste of time* 11%
None of these 11%
Too commercial 34%

Q13 How much time have you taken off of work to celebrate Valentine's Day: none, half a day, an entire day, two days, an entire week, or more?

None 91% *Two days* 0%
Half a day 5% *Entire week* 1%
Entire day 2% *More than a week ..* 0%

Q14 Have you ever checked your work e-mail while out on a date, or not?

Have 23% *Have not* 77%

Q15 (Asked of those who said 'yes' to Q14:) What is the primary reason you have checked your work e-mail on a date: it's a habit, you feel you need to, you want to, or none of the above?

Habit 26% *You want to* 20%
Feel you need to 36% *None of the above ..* 18%

Q16 Have you ever faked a work emergency to get out of a bad date, or not?

Have 10% *Have not* 90%

Q17 Does balancing time with friends ever make finding time for romance more difficult for you?

Does 16% *Not sure* 10%
Does not 74%

Q18 Does balancing work responsibilities ever make finding time for romance more difficult for you?

Does 32% *Not sure* 7%
Does not 61%

Q19 Does balancing personal time ever make finding time for romance more difficult for you?

Does 24% *Not sure* 7%
Does not 70%

Q20 Have you ever dated a co-worker, or not?

Have 31% *Have not* 69%

Q21 (Asked only of those who answered affirmatively to Q20:) How much time outside of work hours did you spend talking about work with the co-worker you dated, or did you not talk about work at all?

Less than 10 minutes 44% *More than an hour ..* 5%
10 to 30 minutes 28% *Didn't talk about work outside of work hours* 11%
30 minutes to an hour 12%

Q22 Have you ever dated your boss, or not?

Have 10% *Have not* 90%

Q23 (Asked only of those who answered affirmatively to Q22:) How much time outside of work hours did you spend talking about work with the boss you dated, or did you not talk about work at all?

Less than 10 minutes 46% *More than an hour ..* 10%
10 to 30 minutes 23% *Didn't talk about work outside of work hours* 12%
30 minutes to an hour 8%





Q24 How much time do you spend talking about work with your significant other or friends, or do you not talk about work at all?

<i>Less than 10 minutes</i>	38%	<i>More than an hour ..</i>	4%
<i>10 to 30 minutes</i>	43%	<i>Don't talk about work outside of work hours</i>	7%
<i>30 minutes to an hour</i>	9%		

Q25 If you are a woman, press 1. If a man, press 2.

<i>Woman</i>	53%
<i>Man</i>	47%

Q26 If you are Hispanic, press 1. If white, press 2. If African-American, press 3. If other, press 4.

<i>Hispanic</i>	14%
<i>White</i>	68%
<i>African-American</i>	12%
<i>Other</i>	6%

Q27 If you are 18 to 29 years old, press 1. If 30 to 45, press 2. If 46 to 65, press 3. If you are older than 65, press 4.

<i>18 to 29</i>	21%
<i>30 to 45</i>	31%
<i>46 to 65</i>	38%
<i>Older than 65</i>	10%

Q28 What kind of industry do you work in?

<i>Service industry</i>	25%
<i>Retail or wholesale trade</i>	13%
<i>Finance, insurance, or real estate</i>	8%
<i>Construction or minerals industry</i>	7%
<i>Manufacturing business</i>	9%
<i>Transportation, communication, or utilities</i>	4%
<i>Education</i>	13%
<i>Health care</i>	12%
<i>Government employee</i>	7%
<i>Other</i>	3%

Q29 If you make less than \$25,000 a year, press 1. If you make between \$25,000 and \$50,000 a year, press 2. If you make between \$50,000 and \$75,000 a year, press 3. If you make between \$75,000 and \$100,000 a year, press 4. If you make more than \$100,000 a year, press 5.

<i>Less than \$25,000</i>	24%
<i>\$25,000 to \$50,000</i>	33%
<i>\$50,000 to \$75,000</i>	15%
<i>\$75,000 to \$100,000</i>	8%
<i>More than \$100,000</i>	7%
<i>Declined to say</i>	12%



		Gender	
	Base	Woman	Man
Did You Make a New Year's Resolution?			
Did	34%	35%	33%
Did not	66%	65%	67%

		Gender	
	Base	Woman	Man
What Was Your Main Resolution?			
Lose weight	27%	29%	25%
Quit smoking	6%	4%	7%
Exercise more	25%	22%	30%
Get organized	14%	15%	13%
Work-life balance	9%	8%	11%
None of the above	19%	23%	14%

		Gender	
	Base	Woman	Man
Kept Your Resolution So Far?			
Have	84%	82%	86%
Have not	16%	18%	14%

		Gender	
	Base	Woman	Man
Why Haven't You Kept Resolution?			
Never keep New Year's resolutions	3%	5%	-
Prefer to make changes throughout year	39%	38%	42%
None of the above	58%	57%	58%

		Gender	
	Base	Woman	Man
Feel Guilty About Not Keeping Resolution?			
Do	23%	22%	25%
Do not	70%	71%	69%
Not sure	7%	7%	7%



	Base	Gender	
		Woman	Man
Why Can't People Keep Resolutions?			
Don't have time	12%	12%	12%
Aren't realistic about what they can achieve	31%	32%	30%
Lose motivation	37%	34%	40%
Don't have support to achieve goals	7%	8%	7%
Something else/Not sure	13%	14%	12%

	Base	Gender	
		Woman	Man
Do Free Work Resources Make People More Likely to Keep Resolutions?			
Think it would make people more likely to keep them	55%	59%	52%
Do not think it would	40%	36%	44%
Not sure	5%	6%	4%

	Base	Gender	
		Woman	Man
Would Weight Loss Coaching Help Keep Resolutions?			
Think it would help people keep them	49%	55%	43%
Do not think it would	41%	35%	48%
Not sure	9%	10%	9%

	Base	Gender	
		Woman	Man
Would Tobacco Cessation Program Help Keep Resolutions?			
Think it would help people keep them	43%	46%	38%
Do not think it would	46%	42%	52%
Not sure	11%	12%	10%



	Base	Gender	
		Woman	Man
Would Onsite Gym Help Keep Resolutions?			
Think it would help people keep them	59%	65%	53%
Do not think it would	33%	26%	40%
Not sure	8%	9%	7%

	Base	Gender	
		Woman	Man
Plan to Celebrate Valentine's?			
Do	52%	54%	50%
Do not	40%	39%	42%
Not sure	7%	7%	8%

	Base	Gender	
		Woman	Man
Valentine's Day Opinion			
Nice way for loved ones to show they care	44%	47%	40%
Too commercial	34%	29%	39%
A waste of time	11%	11%	11%
None of these	11%	13%	10%

	Base	Gender	
		Woman	Man
Time Taken Off for Valentine's			
None	91%	92%	89%
Half a day	5%	3%	8%
Entire day	2%	2%	3%
Two days	0%	1%	0%
Entire week	1%	2%	0%

	Base	Gender	
		Woman	Man
Checked Work E-mail on a Date?			
Have	23%	23%	24%
Have not	77%	77%	76%

	Base	Gender	
		Woman	Man
Main Reason You Checked Work E-mail on a Date			
Habit	26%	16%	37%
Feel you need to	36%	42%	30%
You want to	20%	19%	21%
None of the above	18%	23%	12%



	Base	Gender	
		Woman	Man
Ever Faked Work Emergency to Get Out of Date?			
Have	10%	7%	13%
Have not	90%	93%	87%

	Base	Gender	
		Woman	Man
Does Balancing Time w/ Friends Make Romance More Difficult?			
Does	16%	14%	18%
Does not	74%	71%	78%
Not sure	10%	14%	5%

	Base	Gender	
		Woman	Man
Does Balancing Work Make Romance More Difficult?			
Does	32%	34%	30%
Does not	61%	60%	62%
Not sure	7%	7%	8%

	Base	Gender	
		Woman	Man
Does Balancing Personal Time Make Romance More Difficult?			
Does	24%	29%	18%
Does not	70%	63%	78%
Not sure	7%	8%	5%

	Base	Gender	
		Woman	Man
Ever Dated a Co- Worker?			
Have	31%	30%	31%
Have not	69%	70%	69%



		Gender	
	Base	Woman	Man
Time/Day Spent Talking About Work w/ Co-Worker You Dated			
Less than 10 minutes	44%	49%	39%
10 to 30 minutes	28%	23%	34%
30 minutes to an hour	12%	12%	11%
More than an hour	5%	7%	3%
Didn't talk about work outside of work hours	11%	9%	13%

		Gender	
	Base	Woman	Man
Ever Dated Your Boss?			
Have	10%	11%	9%
Have not	90%	89%	91%

		Gender	
	Base	Woman	Man
Time/Day Spent Talking about Work w/ Boss You Dated			
Less than 10 minutes	46%	64%	24%
10 to 30 minutes	23%	10%	40%
30 minutes to an hour	8%	7%	9%
More than an hour	10%	12%	9%
Didn't talk about work outside of work hours	12%	7%	19%

		Gender	
	Base	Woman	Man
Time/Day Spent Talking about Work w/ Friends/Significant Others			
Less than 10 minutes	38%	36%	40%
10 to 30 minutes	43%	42%	45%
30 minutes to an hour	9%	9%	8%
More than an hour	4%	5%	1%
Don't talk about work outside of work hours	7%	7%	7%

		Race			
	Base	Hispanic	White	African-American	Other
Did You Make a New Year's Resolution?					
Did	34%	35%	31%	45%	47%
Did not	66%	65%	69%	55%	53%

		Race			
	Base	Hispanic	White	African-American	Other
What Was Your Main Resolution?					
Lose weight	27%	33%	27%	27%	16%
Quit smoking	6%	4%	5%	2%	19%
Exercise more	25%	9%	26%	46%	6%
Get organized	14%	27%	12%	8%	21%
Work-life balance	9%	23%	9%	2%	-
None of the above	19%	5%	21%	14%	37%

		Race			
	Base	Hispanic	White	African-American	Other
Kept Your Resolution So Far?					
Have	84%	82%	82%	97%	69%
Have not	16%	18%	18%	3%	31%

		Race		
	Base	Hispanic	White	Other
Why Haven't You Kept Resolution?				
Never keep New Year's resolutions	3%	-	4%	-
Prefer to make changes throughout year	39%	-	38%	91%
None of the above	58%	100%	58%	9%

		Race			
	Base	Hispanic	White	African-American	Other
Feel Guilty About Not Keeping Resolution?					
Do	23%	29%	18%	43%	30%
Do not	70%	65%	75%	49%	66%
Not sure	7%	6%	7%	8%	4%

		Race			
	Base	Hispanic	White	African-American	Other
Why Can't People Keep Resolutions?					
Don't have time	12%	15%	9%	27%	8%
Aren't realistic about what they can achieve	31%	24%	33%	28%	22%
Lose motivation	37%	30%	40%	26%	40%
Don't have support to achieve goals	7%	9%	7%	5%	13%
Something else/Not sure	13%	23%	10%	14%	17%

		Race			
	Base	Hispanic	White	African-American	Other
Do Free Work Resources Make People More Likely to Keep Resolutions?					
Think it would make people more likely to keep them	55%	56%	55%	64%	39%
Do not think it would	40%	40%	40%	27%	57%
Not sure	5%	3%	5%	9%	4%

		Race			
	Base	Hispanic	White	African-American	Other
Would Weight Loss Coaching Help Keep Resolutions?					
Think it would help people keep them	49%	45%	50%	55%	37%
Do not think it would	41%	47%	40%	33%	57%
Not sure	9%	8%	10%	12%	6%

		Race			
	Base	Hispanic	White	African-American	Other
Would Tobacco Cessation Program Help Keep Resolutions?					
Think it would help people keep them	43%	33%	46%	39%	36%
Do not think it would	46%	46%	46%	45%	55%
Not sure	11%	21%	8%	16%	8%

		Race			
	Base	Hispanic	White	African-American	Other
Would Onsite Gym Help Keep Resolutions?					
Think it would help people keep them	59%	69%	59%	56%	47%
Do not think it would	33%	26%	35%	23%	46%
Not sure	8%	5%	6%	21%	7%

		Race			
	Base	Hispanic	White	African-American	Other
Plan to Celebrate Valentine's?					
Do	52%	55%	50%	62%	54%
Do not	40%	36%	44%	26%	33%
Not sure	7%	9%	5%	12%	13%

		Race			
	Base	Hispanic	White	African-American	Other
Valentine's Day Opinion					
Nice way for loved ones to show they care	44%	51%	41%	59%	32%
Too commercial	34%	24%	38%	28%	25%
A waste of time	11%	21%	11%	1%	13%
None of these	11%	3%	11%	12%	30%

		Race			
	Base	Hispanic	White	African-American	Other
Time Taken Off for Valentine's					
None	91%	88%	93%	85%	85%
Half a day	5%	7%	5%	6%	6%
Entire day	2%	5%	1%	4%	6%
Two days	0%	-	1%	-	1%
Entire week	1%	-	0%	6%	1%

		Race			
	Base	Hispanic	White	African-American	Other
Checked Work E-mail on a Date?					
Have	23%	41%	19%	27%	23%
Have not	77%	59%	81%	73%	77%

		Race			
	Base	Hispanic	White	African-American	Other
Main Reason You Checked Work E-mail on a Date					
Habit	26%	34%	27%	13%	15%
Feel you need to	36%	33%	35%	40%	48%
You want to	20%	15%	16%	37%	37%
None of the above	18%	18%	22%	9%	-

		Race			
	Base	Hispanic	White	African-American	Other
Ever Faked Work Emergency to Get Out of Date?					
Have	10%	25%	5%	10%	22%
Have not	90%	75%	95%	90%	78%

		Race			
	Base	Hispanic	White	African-American	Other
Does Balancing Time w/ Friends Make Romance More Difficult?					
Does	16%	36%	11%	28%	5%
Does not	74%	56%	80%	60%	84%
Not sure	10%	9%	9%	12%	11%

	Base	Race			
		Hispanic	White	African-American	Other
Does Balancing Work Make Romance More Difficult?					
Does	32%	52%	28%	32%	30%
Does not	61%	39%	65%	60%	59%
Not sure	7%	9%	7%	8%	10%

	Base	Race			
		Hispanic	White	African-American	Other
Does Balancing Personal Time Make Romance More Difficult?					
Does	24%	32%	21%	29%	24%
Does not	70%	62%	73%	62%	68%
Not sure	7%	6%	6%	8%	8%

	Base	Race			
		Hispanic	White	African-American	Other
Ever Dated a Co-Worker?					
Have	31%	52%	27%	25%	34%
Have not	69%	48%	73%	75%	66%

	Base	Race			
		Hispanic	White	African-American	Other
Time/Day Spent Talking About Work w/ Co-Worker You Dated					
Less than 10 minutes	44%	55%	43%	36%	30%
10 to 30 minutes	28%	27%	27%	34%	34%
30 minutes to an hour	12%	15%	13%	5%	-
More than an hour	5%	-	6%	-	15%
Didn't talk about work outside of work hours	11%	3%	11%	26%	21%

	Base	Race			
		Hispanic	White	African-American	Other
Ever Dated Your Boss?					
Have	10%	24%	7%	8%	14%
Have not	90%	76%	93%	92%	86%

	Base	Race			
		Hispanic	White	African-American	Other
Time/Day Spent Talking about Work w/ Boss You Dated					
Less than 10 minutes	46%	39%	46%	85%	36%
10 to 30 minutes	23%	43%	19%	-	-
30 minutes to an hour	8%	-	16%	-	-
More than an hour	10%	-	15%	-	36%
Didn't talk about work outside of work hours	12%	18%	5%	15%	29%

	Base	Race			
		Hispanic	White	African-American	Other
Time/Day Spent Talking about Work w/ Friends/Significant Others					
Less than 10 minutes	38%	51%	35%	36%	44%
10 to 30 minutes	43%	39%	45%	44%	36%
30 minutes to an hour	9%	8%	10%	5%	1%
More than an hour	4%	-	5%	1%	4%
Don't talk about work outside of work hours	7%	1%	6%	14%	16%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Did You Make a New Year's Resolution?					
Did	34%	39%	35%	33%	25%
Did not	66%	61%	65%	67%	75%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
What Was Your Main Resolution?					
Lose weight	27%	18%	32%	25%	51%
Quit smoking	6%	13%	-	7%	-
Exercise more	25%	25%	32%	22%	13%
Get organized	14%	20%	8%	15%	14%
Work-life balance	9%	16%	6%	9%	-
None of the above	19%	8%	21%	22%	22%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Kept Your Resolution So Far?					
Have	84%	64%	95%	86%	85%
Have not	16%	36%	5%	14%	15%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Why Haven't You Kept Resolution?					
Never keep New Year's resolutions	3%	-	-	10%	-
Prefer to make changes throughout year	39%	45%	-	44%	23%
None of the above	58%	55%	100%	46%	77%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Feel Guilty About Not Keeping Resolution?					
Do	23%	32%	25%	19%	15%
Do not	70%	63%	71%	73%	72%
Not sure	7%	5%	4%	8%	14%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Why Can't People Keep Resolutions?					
Don't have time	12%	18%	12%	12%	5%
Aren't realistic about what they can achieve	31%	18%	31%	36%	38%
Lose motivation	37%	41%	38%	35%	33%
Don't have support to achieve goals	7%	11%	7%	6%	6%
Something else/Not sure	13%	13%	12%	12%	19%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Do Free Work Resources Make People More Likely to Keep Resolutions?					
Think it would make people more likely to keep them	55%	59%	54%	59%	39%
Do not think it would	40%	38%	44%	34%	51%
Not sure	5%	3%	2%	7%	10%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Would Weight Loss Coaching Help Keep Resolutions?					
Think it would help people keep them	49%	51%	47%	53%	40%
Do not think it would	41%	43%	46%	37%	41%
Not sure	9%	6%	7%	10%	19%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Would Tobacco Cessation Program Help Keep Resolutions?					
Think it would help people keep them	43%	34%	43%	49%	35%
Do not think it would	46%	49%	51%	40%	49%
Not sure	11%	17%	6%	11%	16%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Would Onsite Gym Help Keep Resolutions?					
Think it would help people keep them	59%	55%	58%	66%	45%
Do not think it would	33%	35%	38%	26%	41%
Not sure	8%	10%	4%	8%	14%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Plan to Celebrate Valentine's?					
Do	52%	38%	57%	58%	44%
Do not	40%	51%	37%	36%	45%
Not sure	7%	11%	5%	6%	11%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Valentine's Day Opinion					
Nice way for loved ones to show they care	44%	37%	38%	50%	50%
Too commercial	34%	31%	38%	32%	32%
A waste of time	11%	23%	10%	6%	8%
None of these	11%	9%	13%	11%	9%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Time Taken Off for Valentine's					
None	91%	89%	90%	92%	96%
Half a day	5%	5%	9%	4%	1%
Entire day	2%	3%	1%	3%	2%
Two days	0%	-	-	1%	1%
Entire week	1%	3%	-	1%	-

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Checked Work E-mail on a Date?					
Have	23%	34%	23%	20%	14%
Have not	77%	66%	77%	80%	86%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Main Reason You Checked Work E-mail on a Date					
Habit	26%	17%	33%	24%	43%
Feel you need to	36%	41%	34%	35%	31%
You want to	20%	13%	18%	30%	12%
None of the above	18%	29%	15%	11%	14%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Ever Faked Work Emergency to Get Out of Date?					
Have	10%	18%	11%	5%	5%
Have not	90%	82%	89%	95%	95%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Does Balancing Time w/ Friends Make Romance More Difficult?					
Does	16%	34%	13%	11%	8%
Does not	74%	52%	83%	80%	74%
Not sure	10%	15%	4%	9%	18%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Does Balancing Work Make Romance More Difficult?					
Does	32%	45%	32%	28%	20%
Does not	61%	50%	60%	66%	66%
Not sure	7%	5%	8%	6%	15%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Does Balancing Personal Time Make Romance More Difficult?					
Does	24%	37%	23%	20%	11%
Does not	70%	58%	74%	72%	73%
Not sure	7%	5%	3%	8%	16%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Ever Dated a Co-Worker?					
Have	31%	34%	31%	31%	22%
Have not	69%	66%	69%	69%	78%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Time/Day Spent Talking About Work w/ Co-Worker You Dated					
Less than 10 minutes	44%	43%	43%	43%	59%
10 to 30 minutes	28%	18%	35%	31%	21%
30 minutes to an hour	12%	23%	5%	12%	4%
More than an hour	5%	4%	7%	4%	-
Didn't talk about work outside of work hours	11%	13%	10%	10%	16%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Ever Dated Your Boss?					
Have	10%	17%	12%	6%	6%
Have not	90%	83%	88%	94%	94%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Time/Day Spent Talking about Work w/ Boss You Dated					
Less than 10 minutes	46%	70%	30%	40%	44%
10 to 30 minutes	23%	-	42%	28%	15%
30 minutes to an hour	8%	21%	-	3%	-
More than an hour	10%	9%	12%	7%	15%
Didn't talk about work outside of work hours	12%	-	15%	21%	26%

	Base	Age			
		18 to 29	30 to 45	46 to 65	Older than 65
Time/Day Spent Talking about Work w/ Friends/Significant Others					
Less than 10 minutes	38%	38%	30%	42%	46%
10 to 30 minutes	43%	37%	54%	40%	35%
30 minutes to an hour	9%	13%	7%	9%	4%
More than an hour	4%	2%	5%	4%	2%
Don't talk about work outside of work hours	7%	11%	5%	5%	13%

	Base	Sector									
		Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or (minerals) industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Did You Make a New Year's Resolution?											
Did	34%	32%	28%	30%	47%	32%	28%	38%	33%	46%	40%
Did not	66%	68%	72%	70%	53%	68%	74%	61%	67%	54%	60%



	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
What Was Your Main Resolution?											
Lose weight	27%	27%	42%	24%	6%	61%	-	21%	17%	32%	34%
Quit smoking	6%	5%	4%	3%	-	-	-	2%	12%	24%	-
Exercise more	25%	23%	17%	19%	21%	13%	33%	48%	16%	27%	44%
Get organized	14%	17%	2%	-	44%	13%	13%	8%	14%	10%	22%
Work-life balance	9%	10%	30%	4%	7%	-	7%	3%	14%	2%	-
None of the above	19%	18%	4%	51%	23%	13%	47%	18%	26%	5%	-

		Sector									
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Kept Your Resolution So Far?											
Have	84%	85%	91%	90%	70%	97%	100%	87%	72%	80%	53%
Have not	16%	15%	9%	10%	30%	3%	-	13%	28%	20%	47%

	Sector									
Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Education	Health care	Government employees	Other	
Why Haven't You Kept Resolution?										
Never keep New Year's resolutions	3%	7%	-	-	-	-	9%	-	-	
Prefer to make changes throughout year	39%	60%	48%	64%	-	-	26%	42%	48%	
None of the above	58%	33%	52%	36%	100%	100%	74%	49%	52%	

	Sector										
Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Feel Guilty About Not Keeping Resolution?											
Do	23%	30%	20%	14%	38%	15%	22%	17%	20%	32%	16%
Do not	76%	68%	71%	84%	62%	79%	69%	75%	73%	65%	44%
Not sure	7%	4%	10%	2%	2%	6%	9%	8%	8%	2%	39%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Why Can't People Keep Resolutions?											
Don't have time	12%	15%	4%	4%	13%	17%	13%	16%	5%	22%	14%
Aren't realistic about what they can achieve	31%	31%	40%	34%	25%	41%	25%	36%	19%	26%	9%
Lose motivation	37%	28%	46%	45%	48%	28%	44%	50%	51%	31%	31%
Don't have support to achieve goals	7%	10%	3%	8%	3%	2%	12%	6%	10%	5%	14%
Something else/Not sure	13%	16%	7%	10%	11%	13%	9%	9%	15%	16%	32%

	Sector										
Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Do Free Work Resources Make People More Likely to Keep Resolutions?											
Yes	55%	54%	43%	61%	49%	37%	73%	65%	67%	63%	
Think it would make people more likely to keep them	40%	42%	51%	37%	47%	61%	27%	29%	30%	29%	
Do not think it would	5%	5%	6%	2%	4%	2%	-	6%	3%	8%	
Not sure											

	Sector										
Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Would Weight Loss Coaching Help Keep Resolutions?											
Think it would help people keep them	49%	51%	41%	53%	42%	18%	67%	65%	58%	48%	
Do not think it would	41%	42%	51%	38%	53%	75%	24%	26%	30%	34%	
Not sure	9%	7%	8%	9%	6%	7%	9%	9%	12%	17%	

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Would Tobacco Cessation Program Help Keep Resolutions?											
Think it would help people keep them	43%	43%	24%	52%	33%	33%	66%	54%	49%	45%	36%
Do not think it would	48%	51%	59%	37%	50%	64%	34%	33%	40%	35%	53%
Not sure	11%	7%	17%	11%	17%	3%	-	13%	11%	21%	11%

	Sector										
Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other	
Would On-Site Gym Help Keep Resolutions?											
Think it would help people keep them	59%	61%	48%	62%	55%	32%	71%	74%	75%	52%	
Do not think it would	33%	32%	47%	33%	33%	67%	19%	20%	20%	27%	
Not sure	8%	7%	5%	4%	12%	1%	10%	6%	5%	21%	

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Plan to Celebrate Valentine's?											
Do	52%	54%	40%	39%	51%	67%	41%	56%	57%	47%	43%
Do not	40%	39%	40%	54%	26%	29%	59%	36%	39%	44%	34%
Not sure	7%	7%	2%	7%	23%	4%	-	8%	4%	9%	23%





	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Valentine's Day Opinion											
Nice way for loved ones to show they care	44%	43%	47%	44%	47%	52%	36%	50%	37%	33%	35%
Too commercial	34%	36%	34%	34%	41%	25%	52%	30%	41%	34%	60%
A waste of time	11%	20%	13%	11%	7%	-	9%	4%	6%	16%	5%
None of these	11%	10%	6%	10%	4%	23%	2%	15%	15%	16%	-

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Time Taken Off for Valentine's											
None	91%	95%	76%	98%	97%	84%	85%	98%	94%	81%	94%
Half a day	5%	3%	20%	-	-	10%	12%	1%	2%	1%	3%
Entire day	2%	1%	4%	1%	1%	5%	3%	1%	4%	4%	3%
Two days	0%	-	1%	1%	-	-	-	1%	-	2%	-
Entire week	1%	-	-	-	2%	1%	-	-	-	11%	-

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Checked Work E-mail on a Date?											
Have	23%	26%	18%	25%	25%	21%	25%	23%	21%	31%	8%
Have not	77%	74%	82%	75%	75%	79%	75%	77%	79%	69%	92%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Main Reason You Checked Work E-mail on a Date											
Habit	26%	30%	66%	11%	26%	13%	28%	24%	22%	-	-
Feel you need to	36%	31%	7%	80%	28%	28%	36%	55%	43%	33%	-
You want to	20%	13%	12%	9%	16%	35%	15%	18%	22%	48%	60%
None of the above	18%	27%	15%	-	30%	24%	21%	3%	12%	19%	40%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Ever Faked Work Emergency to Get Out of Date?											
Have	16%	12%	7%	22%	17%	3%	-	2%	8%	15%	17%
Have not	84%	88%	93%	78%	83%	97%	100%	98%	92%	85%	83%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Does Balancing Time w/ Friends Make Romance More Difficult?											
Does	16%	18%	14%	22%	20%	10%	14%	15%	14%	20%	3%
Does not	74%	71%	77%	68%	79%	87%	83%	74%	76%	72%	65%
Not sure	10%	11%	9%	12%	3%	3%	6%	12%	10%	7%	33%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Does Balancing Work Make Romance More Difficult?											
Does	32%	32%	25%	37%	40%	26%	42%	32%	34%	30%	30%
Does not	61%	61%	71%	55%	52%	72%	37%	62%	62%	69%	38%
Not sure	7%	7%	4%	8%	8%	3%	21%	6%	4%	10%	32%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Does Balancing Personal Time Make Romance More Difficult?											
Does	24%	25%	14%	28%	14%	23%	36%	26%	24%	24%	30%
Does not	70%	69%	80%	62%	82%	74%	55%	67%	73%	69%	38%
Not sure	7%	6%	6%	10%	5%	3%	10%	7%	3%	7%	31%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Ever Dated a Co-Worker?											
Have	31%	49%	23%	24%	16%	21%	39%	36%	20%	24%	19%
Have not	69%	51%	77%	76%	84%	79%	61%	64%	80%	76%	81%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Time/Day Spent Talking About Work w/ Co-Worker You Dated											
Less than 10 minutes	44%	56%	27%	37%	53%	41%	40%	31%	42%	49%	16%
10 to 30 minutes	28%	22%	33%	34%	39%	20%	47%	40%	31%	9%	13%
30 minutes to an hour	12%	5%	35%	25%	-	11%	-	14%	13%	-	58%
More than an hour	5%	5%	5%	-	-	4%	4%	5%	-	23%	-
Didn't talk about work outside of work hours	11%	13%	-	4%	8%	23%	9%	9%	14%	19%	13%

	Sector										
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Ever Dated Your Boss?											
Have	16%	16%	13%	6%	1%	4%	2%	10%	6%	15%	8%
Have not	84%	84%	87%	94%	99%	96%	98%	90%	94%	85%	92%



		Sector									
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Time/Day Spent Talking about Work w/ Boss You Obed											
Less than 10 minutes	46%	41%	38%	-	100%	80%	-	55%	66%	64%	37%
10 to 30 minutes	23%	30%	17%	20%	-	-	100%	26%	-	-	-
30 minutes to an hour	8%	9%	-	80%	-	-	-	10%	-	-	-
More than an hour	19%	10%	-	-	-	-	-	20%	-	20%	32%
Didn't talk about work outside of work hours	12%	-	45%	-	-	20%	-	24%	7%	32%	-

		Sector									
	Base	Service industry	Retail or wholesale trade	Finance, insurance, or real estate	Construction or minerals industry	Manufacturing business	Transportation, communication, or utilities	Education	Health care	Government employee	Other
Time/Day Spent Talking about Work w/ Friends/Significant Others											
Less than 10 minutes	38%	50%	19%	38%	43%	39%	34%	25%	37%	49%	37%
10 to 30 minutes	43%	39%	58%	36%	45%	40%	44%	45%	45%	39%	9%
30 minutes to an hour	9%	6%	16%	17%	2%	3%	10%	13%	3%	6%	12%
More than an hour	4%	4%	3%	1%	2%	2%	4%	6%	4%	1%	14%
Don't talk about work outside of work hours	7%	1%	4%	8%	7%	16%	8%	10%	8%	5%	28%

		Income					
	Base	Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Did You Make a New Year's Resolution?							
Did	34%	35%	29%	42%	29%	43%	35%
Did not	66%	65%	71%	58%	71%	57%	65%

		Income					
	Base	Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
What Was Your Main Resolution?							
Lose weight	27%	40%	28%	17%	28%	10%	25%
Quit smoking	6%	6%	4%	1%	-	24%	3%
Exercise more	25%	15%	22%	36%	29%	21%	38%
Get organized	14%	11%	20%	8%	14%	10%	17%
Work-life balance	9%	3%	9%	22%	-	21%	-
None of the above	19%	24%	16%	15%	28%	15%	16%

		Income					
	Base	Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Kept Your Resolution So Far?							
Have	84%	76%	82%	92%	93%	74%	89%
Have not	16%	24%	18%	8%	7%	26%	11%

		Income					
	Base	Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Why Haven't You Kept Resolution?							
Never keep New Year's resolutions	3%	9%	-	-	-	-	-
Prefer to make changes throughout year	39%	62%	5%	47%	50%	48%	49%
None of the above	58%	29%	95%	53%	50%	52%	51%

		Income					
	Base	Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Feel Guilty About Not Keeping Resolution?							
Do	23%	25%	20%	36%	10%	24%	22%
Do not	70%	68%	74%	58%	85%	75%	64%
Not sure	7%	7%	6%	6%	5%	1%	14%

		Income					
	Base	Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Why Can't People Keep Resolutions?							
Don't have time	12%	15%	13%	13%	3%	6%	14%
Aren't realistic about what they can achieve	31%	27%	34%	29%	44%	23%	27%
Lose motivation	37%	31%	38%	44%	30%	50%	33%
Don't have support to achieve goals	7%	11%	4%	9%	5%	9%	10%
Something else/Not sure	13%	16%	11%	4%	19%	12%	17%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Do Free Work Resources Make People More Likely to Keep Resolutions?							
Think it would make people more likely to keep them	55%	52%	60%	56%	53%	47%	55%
Do not think it would	40%	44%	35%	41%	44%	50%	34%
Not sure	5%	3%	5%	3%	3%	3%	12%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Would Weight Loss Coaching Help Keep Resolutions?							
Think it would help people keep them	49%	47%	52%	58%	44%	38%	48%
Do not think it would	41%	46%	40%	38%	45%	49%	31%
Not sure	9%	8%	8%	4%	11%	14%	21%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Would Tobacco Cessation Program Help Keep Resolutions?							
Think it would help people keep them	43%	39%	45%	53%	35%	40%	36%
Do not think it would	46%	53%	45%	36%	57%	53%	41%
Not sure	11%	8%	10%	11%	7%	7%	22%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Would Onsite Gym Help Keep Resolutions?							
Think it would help people keep them	59%	61%	63%	59%	53%	51%	54%
Do not think it would	33%	33%	31%	35%	38%	44%	25%
Not sure	8%	6%	6%	6%	9%	4%	21%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Plan to Celebrate Valentine's?							
Do	52%	48%	47%	63%	49%	76%	52%
Do not	40%	49%	44%	33%	40%	24%	32%
Not sure	7%	3%	9%	4%	11%	-	16%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Valentine's Day Opinion							
Nice way for loved ones to show they care	44%	39%	48%	48%	34%	45%	41%
Too commercial	34%	31%	36%	32%	33%	25%	41%
A waste of time	11%	18%	6%	9%	15%	15%	8%
None of these	11%	11%	9%	12%	18%	15%	9%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Time Taken Off for Valentine's							
None	91%	94%	89%	96%	95%	89%	82%
Half a day	5%	5%	6%	2%	3%	6%	8%
Entire day	2%	-	4%	1%	2%	4%	3%
Two days	0%	0%	0%	1%	-	-	1%
Entire week	1%	0%	-	1%	-	1%	6%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Checked Work E-mail on a Date?							
Have	23%	24%	18%	30%	15%	49%	18%
Have not	77%	76%	82%	70%	85%	51%	82%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Main Reason You Checked Work E-mail on a Date							
Habit	26%	15%	23%	47%	42%	24%	11%
Feel you need to	36%	37%	42%	38%	24%	31%	29%
You want to	20%	12%	22%	4%	17%	37%	43%
None of the above	18%	35%	13%	11%	17%	8%	17%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Ever Faked Work Emergency to Get Out of Date?							
Have	10%	7%	12%	9%	4%	11%	11%
Have not	90%	93%	88%	91%	96%	89%	89%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Does Balancing Time w/ Friends Make Romance More Difficult?							
Does	16%	12%	15%	17%	21%	17%	19%
Does not	74%	72%	80%	73%	68%	80%	67%
Not sure	10%	16%	4%	11%	11%	4%	14%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Does Balancing Work Make Romance More Difficult?							
Does	32%	29%	29%	36%	37%	48%	30%
Does not	61%	65%	66%	57%	56%	46%	54%
Not sure	7%	6%	5%	7%	8%	6%	15%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Does Balancing Personal Time Make Romance More Difficult?							
Does	24%	28%	20%	23%	27%	27%	21%
Does not	70%	67%	73%	72%	67%	71%	66%
Not sure	7%	6%	7%	5%	6%	1%	13%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Ever Dated a Co-Worker?							
Have	31%	36%	28%	38%	28%	35%	18%
Have not	69%	64%	72%	62%	72%	65%	82%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Time/Day Spent Talking About Work w/ Co-Worker You Dated							
Less than 10 minutes	44%	63%	45%	25%	40%	30%	34%
10 to 30 minutes	28%	23%	38%	21%	22%	29%	31%
30 minutes to an hour	12%	6%	3%	32%	10%	8%	21%
More than an hour	5%	1%	6%	1%	3%	25%	4%
Didn't talk about work outside of work hours	11%	7%	7%	20%	24%	7%	11%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Ever Dated Your Boss?							
Have	10%	9%	14%	5%	5%	11%	11%
Have not	90%	91%	86%	95%	95%	89%	89%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Time/Day Spent Talking about Work w/ Boss You Dated							
Less than 10 minutes	46%	54%	42%	55%	63%	-	65%
10 to 30 minutes	23%	12%	38%	35%	-	11%	-
30 minutes to an hour	8%	22%	-	-	-	-	24%
More than an hour	10%	5%	5%	-	18%	70%	5%
Didn't talk about work outside of work hours	12%	8%	15%	9%	19%	19%	5%

	Base	Income					
		Less than \$25,000	\$25,000 to \$50,000	\$50,000 to \$75,000	\$75,000 to \$100,000	More than \$100,000	Declined to say
Time/Day Spent Talking about Work w/ Friends/Significant Others							
Less than 10 minutes	38%	45%	38%	38%	38%	31%	27%
10 to 30 minutes	43%	37%	49%	41%	44%	47%	39%
30 minutes to an hour	9%	5%	6%	17%	6%	14%	11%
More than an hour	4%	4%	3%	1%	2%	5%	7%
Don't talk about work outside of work hours	7%	9%	4%	3%	10%	2%	16%