Top Things Americans Track Daily

Rank	Thing	% Who track daily
1	Water intake	45.83%
2	Hours slept	42.49%
3	Bedtime and wake time	40.90%
4	Daily steps	38.18%
5	Hours worked	35.78%
6	Spending	31.79%
7	Workouts	24.09%
8	Saving	23.77%
9	Performance and productivity	23.48%
10	Sugar	23.08%
11	Moods	20.19%
12	Heart rate	20.07%
13	Sleep cycles (deep, REM, etc)	19.90%
14	Activities	19.82%
15	Calories	18.84%
16	Screen time	17.30%
17	Macros (protein, fat, carbs)	15.43%
18	Weight	14.69%
19	Investing	14.20%
20	Meditation	14.00%

Tracking That Causes Anxiety for Americans

Rank	Thing	% who have felt stressed or anxious
1	Spending	70.37%
2	Saving	63.98%
3	Weight	63.04%
4	Hours slept	43.51%
5	Investing	40.94%
6	Credit score	40.82%
7	Calories	39.44%
8	Blood pressure	39.28%
9	Hours worked	38.67%
10	Performance and productivity	38.18%
11	Body measurements	37.04%
12	Bedtime and wake time	36.14%
13	Body fat %	34.68%
14	Heart rate	33.62%
15	Moods	31.14%
16	Sugar	30.48%
17	Workouts	29.47%
18	Relationship maintenance	28.86%
19	Screen time	25.56%
20	Compulsive behaviors	24.46%

States that do the most and least self tracking

The Most

Rank	State	% who track
1	New Mexico	57.33%
2	Texas	57.14%
3	New Hampshire	57.05%
4	Florida	52.47%
5	Washington	51.57%

The Least

Rank	State	% who track
1	Kansas	28.00%
2	Oklahoma	28.48%
3	Rhode Island	30.72%
4	Louisiana	32.00%
5	Minnesota	35.33%

Rank	State	%	Rank	State	%
6	Alabama	50.30%	6	Massachusetts	35.85%
7	Georgia	50.00%	7	Utah	36.67%
8	South Carolina	49.36%	8	Iowa	38.56%
9	Michigan	48.67%	9	Colorado	39.33%
10	Oregon	48.00%	9	Idaho	39.33%
11	Virginia	47.80%	9	Indiana	39.33%
12	Nevada	47.33%	12	Missouri	39.74%
12	Pennsylvania	47.33%	13	New Jersey	39.87%
14	Hawaii	46.94%	14	Mississippi	40.00%
15	Connecticut	46.15%	15	Maine	41.03%
15	Ohio	46.15%	15	Tennessee	41.03%
15	Wisconsin	46.15%	17	West Virginia	41.33%
18	Arkansas	45.91%	18	Maryland	41.98%
19	California	45.40%	19	Illinois	42.59%
20	Kentucky	45.10%	20	Arizona	42.67%

Top Things Canadians Track Daily

Rank	Thing	% who track daily
1	Hours slept	38.69%
2	Daily steps	37.10%
3	Bedtime and wake time	36.90%
4	Water intake	35.32%
5	Hours worked	30.36%
6	Spending	26.59%
7	Workouts	26.19%
8	Saving	23.21%
9	Sugar	19.64%
10	Investing	17.86%
11	Performance and productivity	17.66%
12	Calories	17.26%
13	Macros (protein, fat, carbs)	15.67%

Tracking That Causes Anxiety for Canadians

Rank	Thing	% who have felt stressed or anxious
1	Spending	71.25%
2	Saving	68.96%
3	Weight	67.08%
4	Hours slept	50.83%
5	Investing	50.63%
6	Calories	46.67%
7	Bedtime and wake time	41.25%
8	Performance and productivity	35.83%
9	Body measurements	35.21%
10	Hours worked	35.00%
11	Credit score	32.71%
12	Moods	32.50%
13	Screen time	30.63%

Rank	Thing	%
14	Moods	15.48%
15	Screen time	15.28%
16	Sleep cycles (deep, REM, etc)	15.08%
17	Heart rate	14.48%
18	Weight	13.69%
19	Activities	12.50%
20	Relationship maintenance	8.13%

Rank	Thing	%
14	Workouts	29.58%
15	Body fat %	28.13%
16	Sugar	27.71%
17	Heart rate	26.04%
18	Blood pressure	25.42%
19	Relationship maintenance	23.33%
20	Macros (protein, fat, carbs)	22.92%

Habits Tracked Daily or Multiple Times Per Day

Rank	Thing	% Who track daily
1	Water	44.00%
2	Hours slept	42.00%
3	Bedtime and wake times	40.30%
4	Daily steps	38.00%
5	Hours worked	35.20%
6	Spending	30.90%
7	Workouts	24.40%
8	Saving	23.60%
9	Performance and productivity	22.50%
10	Sugar	22.30%
11	Moods	19.30%
12	Heart rate	19.20%
13	Sleep cycles (deep, REM, etc.)	19.20%
14	Calories	18.60%
15	Activities	18.60%
16	Screen time	17.10%
17	Macros (protein, fat, carbs)	15.60%
18	Investing	15.10%
19	Weight	14.40%
20	Meditation	12.90%
21	Relationship maintenance	12.10%
22	Social media metrics	11.00%

23	Alcohol	10.30%
24	Compulsive behaviors	9.80%
25	Blood pressure	8.00%
26	Sex	7.40%
27	Credit score	4.70%
28	Blood sugar (non-diabetics)	3.90%
29	VO2 max	2.40%
30	Body fat %	2.30%
31	Ancestry	1.80%
32	Body measurements	1.30%
33	Genetic risks	1.20%