

This blood alcohol calculator is to be used as a guide only, it should not be used as the sole way to determine someone's intoxication level or ability to drive a vehicle.

Women in 1 hour

3

Now find your approximate body weight in pounds located on the top row of the chart.

number of drinks	body weight (lbs.)							
	90	100	120	140	160	180	200	220
1	.038	.032	.024	.018	.014	.010	.008	.005
2	.093	.082	.065	.053	.045	.038	.032	.028
3	.147	.131	.106	.089	.075	.065	.057	.050
4	.202	.180	.147	.124	.106	.093	.082	.073
5	.257	.229	.188	.159	.137	.120	.106	.095
6	.312	.279	.229	.194	.168	.147	.131	.117
7	.366	.328	.271	.229	.199	.175	.156	.140
8	.421	.377	.312	.265	.229	.202	.180	.162
9	.476	.427	.353	.300	.260	.229	.205	.185
10	.531	.476	.394	.335	.291	.257	.229	.207

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These factors include: body type, muscle tone, metabolism, having a full/empty stomach, and the presence of other drugs or medications.

Women in 3 hours

2

Go to the first column of the chart you selected and find the number of drinks you consumed.

number of drinks	body weight (lbs.)							
	90	100	120	140	160	180	200	220
1	.004	*	*	*	*	*	*	*
2	.059	.048	.031	.019	.011	.004	*	*
3	.113	.097	.072	.055	.041	.031	.023	.016
4	.168	.146	.113	.090	.072	.059	.048	.039
5	.223	.195	.154	.125	.103	.086	.072	.061
6	.278	.245	.195	.194	.168	.147	.131	.117
7	.332	.294	.237	.195	.165	.141	.122	.106
8	.387	.343	.278	.231	.195	.168	.146	.128
9	.442	.393	.319	.266	.226	.195	.171	.151
10	.497	.442	.360	.301	.257	.223	.195	.173

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Keep in mind there are a number of other factors that can affect your BAC that are not accounted for here.

Women in 5 hours

1

How to use this card: Select the length of time you drank or are planning to drink (1, 3, 5 hours).

number of drinks	body weight (lbs.)							
	90	100	120	140	160	180	200	220
1	*	*	*	*	*	*	*	*
2	.025	.014	*	*	*	*	*	*
3	.079	.063	.038	.021	.007	*	*	*
4	.134	.112	.079	.056	.038	.025	.014	.005
5	.189	.161	.120	.091	.069	.052	.038	.027
6	.244	.211	.161	.126	.100	.079	.063	.049
7	.298	.260	.203	.161	.131	.107	.088	.072
8	.353	.309	.244	.197	.161	.134	.112	.094
9	.408	.359	.285	.232	.192	.161	.137	.117
10	.463	.408	.326	.267	.223	.189	.161	.139

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Follow the row and column of these two values to where they intersect. The box at this intersection is your approximate BAC.

* indicates negligible BAC