

**SZ**

# Find Your Social Zone

## BAC for Women\*

### After 1 Hour

		BODY WEIGHT IN POUNDS **							
		90	100	120	140	160	180	200	220
NUMBER OF DRINKS	1	.03	.03	.02	.02	.01	.01	.01	.00
	2	.08	.07	.06	.05	.04	.03	.03	.03
	3	.13	.12	.10	.08	.07	.06	.05	.05
	4	.18	.16	.13	.11	.10	.08	.07	.07
	5	.23	.21	.17	.15	.13	.11	.10	.09
	6	.28	.25	.21	.18	.15	.13	.12	.11
	7	.33	.30	.25	.21	.18	.16	.14	.13
	8	.38	.34	.28	.24	.21	.18	.16	.15
	9	.43	.39	.32	.27	.24	.21	.19	.17
	10	.48	.43	.36	.31	.27	.23	.21	.19

### After 3 Hours

		BODY WEIGHT IN POUNDS **							
		90	100	120	140	160	180	200	220
NUMBER OF DRINKS	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.05	.04	.03	.02	.01	.00	.00	.00
	3	.10	.09	.07	.05	.04	.03	.02	.01
	4	.15	.13	.10	.08	.06	.05	.04	.03
	5	.20	.18	.14	.11	.09	.08	.07	.05
	6	.25	.22	.18	.15	.12	.10	.09	.08
	7	.30	.27	.22	.18	.15	.13	.11	.10
	8	.35	.31	.25	.21	.18	.15	.13	.12
	9	.40	.36	.29	.24	.21	.18	.16	.14
	10	.45	.40	.33	.27	.23	.20	.18	.16

 **Social Zone**  
Minor impairment

 **Impaired judgment**  
and reactions

 **Severe impairment—**  
can be life-threatening

\*Formulas used to calculate BAC use sex assigned at birth. This is a limitation of the available science, and validated equations used to calculate estimated BAC for people who are trans or non-binary have not been published.

\*\*If your body weight is not reflected in the chart, visit <https://alcohol.org/bac-calculator/>.



**SZ**

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## BAC for Men\*

### After 1 Hour

		BODY WEIGHT IN POUNDS **							
		120	140	160	180	200	220	240	260
NUMBER OF DRINKS	1	.01	.01	.01	.01	.00	.00	.00	.00
	2	.05	.04	.03	.03	.02	.02	.02	.01
	3	.08	.06	.05	.05	.04	.04	.03	.03
	4	.11	.09	.08	.07	.06	.05	.05	.04
	5	.14	.12	.10	.09	.08	.07	.06	.06
	6	.17	.15	.13	.11	.10	.09	.08	.07
	7	.20	.17	.15	.13	.12	.10	.09	.09
	8	.23	.20	.17	.15	.13	.12	.11	.10
	9	.27	.23	.20	.17	.15	.14	.13	.11
	10	.30	.25	.22	.19	.17	.15	.14	.13

### After 3 Hours

		BODY WEIGHT IN POUNDS **							
		120	140	160	180	200	220	240	260
NUMBER OF DRINKS	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.01	.01	.00	.00	.00	.00	.00	.00
	3	.05	.03	.02	.01	.01	.00	.00	.00
	4	.08	.06	.05	.04	.03	.02	.01	.01
	5	.11	.09	.07	.06	.05	.04	.03	.02
	6	.14	.11	.09	.08	.07	.05	.05	.04
	7	.17	.14	.12	.10	.08	.07	.06	.05
	8	.20	.17	.14	.12	.10	.09	.08	.07
	9	.23	.19	.16	.14	.12	.11	.09	.08
	10	.26	.22	.19	.16	.14	.12	.11	.10

 **Social Zone**  
Minor impairment

 **Impaired judgment**  
and reactions

 **Severe impairment—**  
can be life-threatening

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