

How to Calculate Your Estimated Blood Alcohol Content (BAC)

Showing estimated percent of alcohol in the blood by number of drinks in relation to body weight. This percent can be estimated by:

1. Count your drinks (1 drink equals 1 ounce of 100-proof liquor, one five ounce glass of table wine or one 12-ounce bottle of regular beer).
2. Use the chart below and under number of *Drinks* and opposite *Body weight* find the percent of blood alcohol listed.
3. Subtract from this number the percent of alcohol *burned up* during the time elapsed since your first drink. This figure is .015% per hour.

Example: 190 lbs. man - 6 drinks in 3 hours / .119% minus .45 (.025 x 3) = .074%

WEIGHT	Blood Alcohol Content Chart *											
	1	2	3	4	5	6	7	8	9	10	11	12
100 lbs	.038	.075	.113	.150	.188	.225	.263	.300	.338	.375	.413	.450
110 lbs	.034	.066	.103	.137	.172	.207	.241	.275	.309	.344	.379	.412
120 lbs	.031	.063	.094	.125	.156	.188	.219	.250	.281	.313	.344	.375
130 lbs	.029	.058	.087	.116	.145	.174	.203	.232	.261	.290	.320	.348
140 lbs	.027	.054	.080	.107	.134	.161	.188	.214	.241	.268	.295	.321
150 lbs	.025	.050	.075	.100	.125	.151	.176	.201	.226	.251	.276	.301
160 lbs	.023	.047	.070	.094	.117	.141	.164	.188	.211	.234	.258	.281
170 lbs	.022	.045	.066	.088	.110	.132	.155	.178	.200	.221	.244	.265
180 lbs	.021	.042	.063	.083	.104	.125	.146	.167	.188	.208	.229	.250
190 lbs	.020	.040	.059	.079	.099	.119	.138	.158	.179	.198	.217	.237
200 lbs	.019	.038	.056	.075	.094	.113	.131	.150	.169	.188	.206	.225
210 lbs	.018	.036	.053	.071	.090	.107	.125	.143	.161	.179	.197	.215
220 lbs	.017	.034	.051	.068	.085	.102	.119	.136	.153	.170	.188	.205
230 lbs	.016	.032	.049	.065	.081	.098	.115	.130	.147	.163	.180	.196
240 lbs	.016	.031	.047	.063	.078	.094	.109	.125	.141	.156	.172	.188

* Created from NHTSA chart, with modifications.