

## BAC OVER SIX HOURS

The following tables allow you to estimate the Blood Alcohol Concentration (BAC) you would reach when drinking over a period of time. Because BAC varies with body weight, number of drinks, the sex of the drinker, and the time over which drinks are consumed, each of these pieces of information is necessary for the calculation. (Remember, too, that this is an estimate, as how much food you have in your stomach and how much sleep you have had, along with any medications you may be taking, will all make a difference as well.)

### Blood Alcohol Content (BAC) Tables for Women

#### Within 1 Hour of Drinking

#### Body Weight

Number of drinks	100	120	140	160	180	200	220	240
1	.03	.02	.02	.01	.01	.01	.00	.00
2	.07	.06	.05	.04	.03	.03	.02	.02
3	.12	.10	.08	.07	.06	.05	.04	.04
4	.16	.13	.11	.10	.08	.07	.06	.06
5	.21	.17	.14	.12	.11	.09	.08	.07
6	.25	.21	.18	.15	.13	.12	.10	.09
7	.30	.24	.21	.18	.16	.14	.12	.11
8	.34	.28	.24	.21	.18	.16	.14	.13
9	.39	.32	.27	.24	.21	.18	.16	.15
10	.43	.35	.30	.26	.23	.20	.18	.16
11	.48	.39	.37	.29	.26	.23	.20	.18
12	.52	.43	.37	.32	.28	.25	.22	.20

*Adapted from: William R. Miller and Richard F. Munoz. (1982) How to Control Your Drinking. University of New Mexico, pp. 8-11.*

### Within 2 Hours of Drinking (Women)

Number of drinks	100	120	140	160	180	200	220	240
1	.01	.01	.00	.00	.00	.00	.00	.00
2	.06	.04	.03	.02	.02	.01	.01	.00
3	.10	.08	.06	.05	.04	.03	.09	.02
4	.19	.12	.10	.08	.07	.06	.05	.04
5	.19	.15	.13	.11	.09	.08	.07	.06
6	.24	.19	.16	.14	.12	.10	.09	.08
7	.28	.23	.19	.16	.14	.12	.11	.10
8	.33	.26	.22	.19	.17	.14	.13	.11
9	.37	.30	.26	.22	.19	.17	.15	.13
10	.42	.34	.29	.25	.22	.19	.17	.15
11	.46	.38	.32	.28	.24	.21	.19	.47
12	.51	.41	.35	.30	.27	.23	.21	.18

### Within 3 Hours of Drinking (Women)

Number of Drinks	100	120	140	160	180	200	220	240
2	.04	.03	.02	.01	.00	.00	.00	.00
3	.09	.06	.05	.04	.03	.02	.01	.01
4	.13	.10	.08	.06	.05	.04	.03	.02
5	.18	.14	.11	.09	.08	.06	.05	.04
6	.22	.17	.14	.12	.10	.08	.07	.06
7	.27	.21	.18	.15	.13	.11	.09	.08
8	.31	.25	.21	.18	.15	.13	.11	.10
9	.36	.29	.24	.20	.18	.15	.13	.11
10	.40	.32	.27	.23	.20	.17	.15	.13
11	.45	.36	.30	.26	.23	.19	.17	.15
12	.49	.40	.34	.29	.25	.22	.19	.17
13	.54	.43	.37	.32	.28	.24	.21	.19
14	.58	.47	.40	.34	.30	.26	.23	.20

Adapted from: William R. Miller and Richard F. Munoz. (1982) How to Control Your Drinking. University of New Mexico, pp. 8-11.

### Within 4 Hours of Drinking (Women)

Number of Drinks	100	120	140	160	180	200	220	240
2	.03	.01	.00	.00	.00	.00	.00	.00
3	.07	.05	.03	.02	.01	.00	.00	.00
4	.12	.08	.06	.05	.04	.02	.02	.01
5	.16	.12	.10	.08	.06	.05	.04	.03
6	.21	.16	.13	.10	.09	.07	.06	.04
7	.25	.20	.16	.13	.11	.09	.08	.06
8	.30	.23	.19	.16	.14	.11	.10	.08
9	.34	.27	.22	.19	.16	.16	.12	.10
10	.39	.31	.26	.22	.16	.19	.14	.12
11	.43	.34	.29	.24	.21	.18	.16	.13
12	.48	.38	.32	.27	.24	.20	.18	.15
13	.52	.42	.35	.30	.26	.22	.20	.17
14	.57	.45	.38	.33	.29	.24	.22	.19

### Within 5 Hours of Drinking (Women)

Number of Drinks	100	120	140	160	180	200	220	240
2	.01	.00	.00	.00	.00	.00	.00	.00
3	.06	.03	.02	.01	.00	.00	.00	.00
4	.10	.07	.05	.03	.02	.01	.00	.00
5	.15	.11	.08	.06	.05	.03	.02	.01
6	.19	.14	.11	.09	.07	.05	.04	.03
7	.24	.18	.14	.12	.10	.07	.06	.05
8	.28	.22	.18	.14	.12	.10	.08	.06
9	.33	.25	.21	.17	.15	.12	.10	.08
10	.37	.29	.24	.20	.17	.14	.12	.10
11	.42	.33	.27	.23	.20	.16	.14	.12
12	.46	.36	.30	.26	.22	.18	.16	.14
13	.51	.40	.34	.28	.25	.21	.18	.15

Adapted from: William R. Miller and Richard F. Munoz. (1982) How to Control Your Drinking. University of New Mexico, pp. 8-11.

<b>14</b>	.55	.44	.37	.31	.27	.23	.20	.17
<b>15</b>	.60	.48	.40	.34	.30	.25	.22	.19
<b>16</b>		.51	.43	.37	.32	.27	.24	.21

### Within 6 Hours of Drinking (Women)

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>2</b>	.00	.00	.00	.00	.00	.00	.00	.00
<b>3</b>	.04	.02	.00	.00	.00	.00	.00	.00
<b>4</b>	.08	.05	.03	.02	.00	.00	.00	.00
<b>5</b>	.13	.09	.06	.04	.03	.01	.00	.00
<b>6</b>	.17	.13	.10	.07	.05	.04	.02	.01
<b>7</b>	.22	.16	.13	.10	.08	.06	.04	.03
<b>8</b>	.26	.20	.16	.13	.10	.08	.06	.05
<b>9</b>	.31	.24	.19	.16	.13	.10	.08	.07
<b>10</b>	.35	.27	.22	.18	.15	.12	.10	.08
<b>11</b>	.40	.31	.26	.21	.18	.15	.12	.10
<b>12</b>	.44	.35	.29	.24	.20	.07	.14	.12
<b>13</b>	.49	.39	.32	.27	.23	.19	.16	.14
<b>14</b>	.53	.42	.35	.30	.25	.21	.18	.16
<b>15</b>		.46	.38	.32	.28	.23	.20	.17
<b>16</b>		.50	.42	.35	.30	.24	.22	.19

### Blood Alcohol Content (BAC) Tables for Men

#### Within 1 Hour of Drinking

#### Body Weight

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>1</b>	.02	.02	.01	.01	.00	.00	.00	.00
<b>2</b>	.06	.05	.04	.03	.02	.02	.02	.01
<b>3</b>	.10	.08	.06	.05	.04	.04	.04	.03
<b>4</b>	.13	.11	.09	.08	.06	.06	.05	.04

Adapted from: William R. Miller and Richard F. Munoz. (1982) How to Control Your Drinking. University of New Mexico, pp. 8-11.

<b>5</b>	.17	.14	.11	.10	.08	.07	.07	.06
<b>6</b>	.21	.17	.14	.12	.10	.09	.09	.07
<b>7</b>	.24	.20	.17	.15	.12	.11	.10	.09
<b>8</b>	.21	.23	.19	.17	.14	.13	.12	.10
<b>9</b>	.32	.26	.22	.19	.16	.15	.14	.12
<b>10</b>	.35	.29	.24	.21	.18	.16	.15	.13
<b>11</b>	.39	.33	.27	.24	.20	.18	.17	.15
<b>12</b>	.43	.36	.30	.26	.22	.20	.19	.16

### Within 2 Hours of Drinking (Men)

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>1</b>	.01	.00	.00	.00	.00	.00	.00	.00
<b>2</b>	.04	.03	.02	.01	.01	.00	.00	.00
<b>3</b>	.08	.06	.05	.04	.03	.02	.02	.01
<b>4</b>	.12	.09	.07	.06	.05	.04	.04	.03
<b>5</b>	.15	.12	.10	.08	.07	.06	.05	.04
<b>6</b>	.19	.15	.11	.11	.09	.08	.07	.06
<b>7</b>	.23	.19	.15	.13	.11	.09	.09	.07
<b>8</b>	.26	.22	.18	.15	.13	.11	.10	.09
<b>9</b>	.30	.25	.20	.18	.15	.13	.12	.10
<b>10</b>	.34	.28	.23	.20	.17	.15	.14	.12
<b>11</b>	.38	.31	.25	.22	.19	.17	.16	.13
<b>12</b>	.41	.34	.28	.24	.21	.18	.17	.15

### Within 3 Hours of Drinking (Men)

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>2</b>	.03	.01	.00	.00	.00	.00	.00	.00
<b>3</b>	.06	.05	.03	.02	.01	.01	.00	.00
<b>4</b>	.10	.08	.06	.04	.03	.02	.02	.01
<b>5</b>	.14	.11	.08	.07	.05	.04	.04	.03
<b>6</b>	.17	.14	.11	.09	.07	.06	.05	.05
<b>7</b>	.21	.17	.13	.11	.09	.08	.07	.06

Adapted from: William R. Miller and Richard F. Munoz. (1982) How to Control Your Drinking. University of New Mexico, pp. 8-11.

<b>8</b>	.25	.20	.16	.14	.11	.10	.09	.07
<b>9</b>	.29	.23	.19	.16	.13	.11	.11	.09
<b>10</b>	.32	.26	.21	.18	.15	.13	.12	.10
<b>11</b>	.36	.29	.24	.21	.17	.15	.14	.12
<b>12</b>	.40	.32	.26	.23	.19	.17	.16	.13
<b>13</b>	.43	.36	.29	.25	.21	.19	.17	.15
<b>14</b>	.47	.39	.32	.27	.23	.20	.19	.16

### Within 4 Hours of Drinking (Men)

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>2</b>	.01	.00	.00	.00	.00	.00	.00	.00
<b>3</b>	.05	.03	.01	.01	.00	.00	.00	.00
<b>4</b>	.08	.06	.04	.03	.02	.01	.00	.00
<b>5</b>	.12	.09	.07	.05	.04	.03	.02	.01
<b>6</b>	.16	.12	.09	.07	.06	.04	.04	.03
<b>7</b>	.20	.15	.12	.10	.08	.06	.06	.04
<b>8</b>	.23	.18	.14	.12	.10	.08	.07	.06
<b>9</b>	.27	.22	.17	.14	.12	.10	.09	.07
<b>10</b>	.31	.25	.20	.17	.14	.12	.11	.09
<b>11</b>	.34	.28	.22	.19	.16	.13	.12	.10
<b>12</b>	.38	.31	.25	.21	.18	.15	.14	.12
<b>13</b>	.42	.34	.27	.24	.20	.17	.16	.13
<b>14</b>	.45	.37	.30	.26	.22	.19	.17	.15

### Within 5 Hours of Drinking (Men)

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>2</b>	.00	.00	.00	.00	.00	.00	.00	.00
<b>3</b>	.03	.01	.00	.00	.00	.00	.00	.00
<b>4</b>	.07	.04	.02	.01	.00	.00	.00	.00
<b>5</b>	.11	.08	.05	.04	.02	.01	.01	.00
<b>6</b>	.14	.11	.08	.06	.04	.03	.02	.01

Adapted from: William R. Miller and Richard F. Munoz. (1982) *How to Control Your Drinking*. University of New Mexico, pp. 8-11.

<b>7</b>	.18	.14	.10	.08	.06	.05	.04	.03
<b>8</b>	.22	.17	.13	.10	.08	.06	.06	.04
<b>9</b>	.25	.20	.15	.13	.10	.08	.07	.06
<b>10</b>	.29	.23	.18	.15	.12	.10	.09	.07
<b>11</b>	.33	.26	.21	.17	.14	.12	.11	.09
<b>12</b>	.36	.29	.23	.20	.16	.14	.12	.10
<b>13</b>	.40	.32	.26	.22	.18	.15	.14	.12
<b>14</b>	.44	.35	.28	.24	.20	.17	.16	.13
<b>15</b>		.39	.31	.27	.22	.19	.18	.15
<b>16</b>		.42	.34	.29	.24	.21	.19	.16

### Within 6 Hours of Drinking (Men)

Number of Drinks	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
<b>2</b>	.00	.00	.00	.00	.00	.00	.00	.00
<b>3</b>	.02	.00	.00	.00	.00	.00	.00	.00
<b>4</b>	.05	.03	.01	.00	.00	.00	.00	.00
<b>5</b>	.09	.06	.03	.02	.00	.00	.00	.00
<b>6</b>	.13	.09	.06	.04	.02	.01	.01	.00
<b>7</b>	.16	.12	.09	.07	.04	.03	.02	.01
<b>8</b>	.20	.15	.11	.09	.06	.05	.04	.02
<b>9</b>	.24	.18	.14	.11	.08	.07	.06	.04
<b>10</b>	.27	.21	.16	.13	.10	.08	.07	.05
<b>11</b>	.31	.25	.19	.16	.12	.10	.09	.07
<b>12</b>	.35	.28	.22	.18	.14	.12	.11	.08
<b>13</b>	.39	.31	.24	.20	.16	.14	.13	.10
<b>14</b>	.42	.34	.27	.23	.18	.16	.14	.11
<b>15</b>	.46	.37	.29	.25	.20	.17	.16	.13
<b>16</b>		.40	.27	.27	.22	.19	.18	.14

Adapted from: William R. Miller and Richard F. Munoz. (1982) How to Control Your Drinking. University of New Mexico, pp. 8-11.