



BAC CHART

Blood Alcohol Concentration (BAC) is the percentage of alcohol in blood. Everyone absorbs alcohol differently and many factors can affect BAC. Use this chart to figure out how many standard drinks you can have to stay in the **Golden Zone**, based on your gender and weight.

		NUMBER OF STANDARD DRINKS											
		1	2	3	4		1	2	3	4	5	6	7
BODY WEIGHT IN LBS.	100	.03	.07	.12	.16	120	.02	.05	.08	.11	.14	.17	.20
	110	.02	.07	.11	.15	140	.01	.04	.06	.09	.12	.14	.17
	120	.02	.06	.10	.13	160	.01	.03	.05	.08	.10	.12	.15
	130	.02	.05	.09	.12	180	.00	.03	.05	.07	.09	.11	.13
	140	.02	.05	.08	.11	200	.00	.02	.04	.06	.08	.10	.12
	150	.01	.04	.07	.10	220	.00	.02	.04	.05	.07	.09	.10
	170	.01	.04	.06	.09	240	.00	.02	.03	.05	.06	.08	.09
	190	.01	.03	.06	.08	260	.00	.01	.03	.04	.06	.07	.08
FEMALE						MALE							

