

WE GOT YOUR BAC!

Blood Alcohol Concentration (BAC): the percentage of alcohol in the blood as someone drinks. BAC depends on several factors including **weight**, **sex** assigned at birth, **how much** and **how fast** you drink, and more. Using this card to estimate your expected BAC level can help you set limits and stay in the zone that feels best and safest for you.

*The blood alcohol concentration (BAC) calculator that you are about to use begins with making a binary gender choice. We recognize that this question should be asked using inclusive language, and we hope to be as gender-inclusive as possible and keep you safe.

01

CHOOSE THE CARD CLOSEST TO YOUR BIOLOGY

Because sex hormones have an effect on BAC, BAC calculators all begin with this binary distinction--different bodies handle alcohol differently, and we want everyone to stay safe. To use these calculators in the most accurate manner, people with higher levels of testosterone in their body can estimate using "men," and people with higher levels of estrogen in their body can estimate with "women." **We support and affirm all gender identities**, and recognize that this binary is not gender-inclusive, but it is useful as an estimate--the Student Wellness Center would love to see more research in this area, and if you know of any gender inclusive BAC calculators, please reach out.



02

DETERMINE THE # OF HOURS OVER WHICH YOU'RE DRINKING, TO CHOOSE THE CORRECT BAC CARD: **1, 3, OR 5 HOURS!**

03

LOCATE YOUR WEIGHT (ACROSS THE TOP OF THE CHART)

women after 3 hours of drinking

	body weight (lbs.)							
	90	100	120	140	160	180	200	220
1	.00	.00	.00	.00	.00	.00	.00	.00
2	.05	.04	.03	.02	.01	.00	.00	.00
3	.10	.09	.06	.05	.04	.03	.02	.01
4	.15	.13	.10	.08	.06	.05	.04	.03
5	.20	.18	.14	.11	.09	.08	.06	.05
6	.25	.22	.18	.14	.12	.10	.09	.07
7	.30	.27	.21	.18	.15	.13	.11	.10
8	.35	.31	.25	.21	.18	.15	.13	.12
9	.40	.36	.29	.24	.21	.18	.15	.14
10	.45	.40	.33	.27	.23	.20	.18	.16

men after 3 hours of drinking

	body weight (lbs.)								
	120	140	160	180	200	220	240	260	280
1	.00	.00	.00	.00	.00	.00	.00	.00	.00
2	.01	.01	.00	.00	.00	.00	.00	.00	.00
3	.05	.03	.02	.01	.01	.00	.00	.00	.00
4	.08	.06	.05	.04	.03	.02	.01	.01	.01
5	.11	.09	.07	.06	.05	.04	.03	.02	.02
6	.14	.11	.09	.08	.06	.05	.05	.04	.03
7	.17	.14	.12	.10	.08	.07	.06	.05	.05
8	.20	.17	.14	.12	.10	.09	.08	.07	.06
9	.23	.19	.16	.14	.12	.11	.09	.08	.07
10	.26	.22	.19	.16	.14	.12	.11	.10	.09

*example uses the 3 hours

04

FIND THE # OF DRINKS CONSUMED (LEFT COLUMN GOING DOWN THE CHART)

What is considered a "drink"?

U.S. Standard Drink Sizes



Not drinks are the same, so use drink equivalents to figure out how much alcohol you're consuming! **ONE DRINK = 12oz beer = 4-5oz wine = 1.5oz shot**

Try to keep to your **BLUE** level!

