

# DRINK ESTIMATOR – WOMEN

Maximum number of drinks to stay at a safer drink level (BAC ≤ .05)

Body Weight	TIME SPENT DRINKING					
	1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs
100	1.3	1.7	2.0	2.4	2.8	3.2
120	1.6	2.0	2.5	2.9	3.4	3.8
130	1.7	2.2	2.7	3.2	3.6	4.1
140	1.8	2.4	2.9	3.4	3.9	4.4
150	2.0	2.5	3.1	3.7	4.2	4.8
160	2.1	2.7	3.3	3.9	4.5	5.1
180	2.4	3.1	3.7	4.4	5.1	5.7
200	2.7	3.4	4.1	4.9	5.6	6.4
220	2.9	3.7	4.6	5.4	6.2	7.0

One DRINK equals:

12 oz beer = 4 oz wine = 1.5 oz spirits

Example: Generally, a 130 lb. woman who drinks for 4 hours & has 3.2 drinks will be at a safer drink level.

Note: BAC can also be affected by food in stomach and other drug use, etc.