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Personal BAC Chart

Now you can download our personal BAC chart for men and women.

The BAC charts will give you a bit of a guide, but there are other lots of other factors to consider. Things you would need to consider are: your height and/or weight, gender, physical fitness, if you have eaten, are you tired, are you on any medication and what is the percentage of alcohol in your drink (s).

These charts are only intended to be a guide. To get a more accurate blood alcohol test, test with a personal breathalyzer or undergo urine or a blood test.



The charts are in PDF form, you can click on the printer icon if you wish to print or the save icon to save a copy to your computer. Hope you find them helpful to you.

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