



Drunk-O-Meter

How Much Can You Have?

For best results, print on photo paper or card stock.

MPOWEREDPARENT.COM

Instructions:

1. Cut this out.
2. Put it in your wallet.

Using the Chart:

1. Find the column that is closest to your weight.
2. Now find the row that is closest to the number of drinks you've had.
3. The number you see there is your Blood Alcohol Content.

MpoweredParent.com		Drunk-O-Meter						
DRINKS	YOUR WEIGHT							
	100	120	140	160	180	200	220	240
1	.03	.03	.02	.02	.02	.01	.01	.01
2	.07	.06	.05	.04	.04	.03	.03	.03
3	.10	.09	.08	.07	.06	.05	.05	.04
4	.15	.12	.10	.09	.08	.07	.06	.06
5	.18	.15	.13	.11	.10	.09	.08	.07
6	.22	.18	.16	.14	.12	.11	.10	.09
7	.26	.21	.18	.16	.14	.13	.11	.10
YOU ARE LEGALLY DRUNK AT .08								
*Subtract .015 for each hour after your 1 st drink.								

*Drink responsibly. This information is not intended to serve as legal advice.

Fine Tuning:

1. Know what you're drinking. 1 drink = 1 twelve ounce can of beer (or) 1 standard glass of wine (or) 1 standard mixed drink (or) 1 shot of liquor.
2. How long have you been drinking. Your body burns alcohol, so subtract .015 for each hour that you have been drinking.

MpoweredParent.com	Quick Sobriety Tests
1. Say the alphabet out loud, but start at the letter I and stop at the letter R.	
2. Count backwards from 57 to 43.	
3. Stand with your feet together and hands at your sides. Now extend one leg straight out in front of you, so your heel is six inches off the ground. Count out loud, slowly, from 1 to 30.	
A sober person will have no trouble with any of these. An intoxicated person will usually make small mistakes. <i>Remember, small mistakes can cost lives!</i>	

Sobriety Tests:

1. Use these exercises to expose intoxication.

For more information, including drug symptom charts, at-home sobriety tests and tons of helpful information, visit MpoweredParent.com