

This chart is intended as a guide, NOT a guarantee.								FEMALE OF 90 POUNDS								
# of drinks	# of HOURS DRINKING								STAY IN YOUR GREEN ZONE!®							
	0 hours	1 hour	2 hours	3 hours	4 hours	5 hours	6 hours									
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	.02-.05 = Mild relaxation & euphoria; inhibitions slightly loosened; behavior exaggerated.								
1	0.06	0.04	0.03	0.02	0.01	0.00	0.00	DANGER: BLUE ZONE!								
2	0.11	0.10	0.09	0.08	0.06	0.05	0.04	.06-.09 = Judgment, perception, & information processing are impaired; poor decision making; speech begins to slur; vision & hearing diminished. Balance & motor skills are reduced.								
3	0.17	0.16	0.15	0.13	0.12	0.11	0.10	.10-.24 = Impairments in coordination, balance, judgment & memory; difficulty walking, talking, and standing. Negative emotions increase.								
4	0.23	0.21	0.20	0.19	0.18	0.17	0.15	RISK OF SERIOUS HARM: RED ZONE!								
5	0.28	0.27	0.26	0.25	0.23	0.22	0.21	.25+ = Severe impairment in mental, physical, & sensory functions. Mental confusion & loss of consciousness is likely. Risk of serious injury & death is increased.								
6	0.34	0.33	0.31	0.30	0.29	0.28	0.27	SEEK MEDICAL ATTENTION!								
7	0.40	0.38	0.37	0.36	0.35	0.34	0.32									
8	0.45	0.44	0.43	0.42	0.40	0.39	0.38									
9	0.51	0.50	0.48	0.47	0.46	0.45	0.44									
10	0.56	0.55	0.54	0.53	0.52	0.50	0.49									
11	0.62	0.61	0.60	0.59	0.57	0.56	0.55									
12	0.68	0.67	0.65	0.64	0.63	0.62	0.61									
13	0.73	0.72	0.71	0.70	0.69	0.67	0.66									
14	0.79	0.78	0.77	0.75	0.74	0.73	0.72									
15	0.85	0.84	0.82	0.81	0.80	0.79	0.78									