Blood Alcohol Level (BAL)

.04 - Inhibitions Lowered

.08 - Reaction Times Impaired

.15 - Coordination Impaired

.2 - Blackouts Common

.3 - Stupor
Blackouts

How fast you drink.

Smoking too.
Drinking Before

- Compromised motor skills
- Decreased coordination
- Delayed reactions
- Diminished judgment
- Impaired balance
- Increased risk of injury

~72 Hours (3 Days)
Drinking After

- Dehydration
- Less Optimal Nutrition
- Inhibited muscle growth and repair
- Prolonged recovery period
- Inadequate recovery period
- Lack of desired muscular adaptations

Siekaniec, 2017
Hangovers