B	I	N	G	O
Loves Outdoor Activities and Feels Energetic: Thyroid hormones influence metabolism and energy levels.	Gets Excited Easily and Enjoys Thrilling Activities: Adrenaline causes the "fight or flight" response.	Has Felt a Burst of Energy After Exercise: Endorphins are released during physical activity causing a boost in energy.	Has felt nervous before a test or presentation: cortisol (Stress hormone) can cause nervousness.	Has Noticed Changes in Voice (for Boys0: Testosterone affects vocal changes during puberty.
Has Felt Hungry Right After Waking Up in the Morning: Hormonal fluctuations in the morning can trigger hunger.	Loves Hugging and Physical Affection: Vasopressin is linked to social bonding.	Has a Family Member with Diabetes: Insulin is involved in blood sugar regulation.	Has Experienced Menstrual Cramps (for Girls): Progesterone is related to menstrual cycles.	Has experienced a sudden growth spurt in the last year: Growth hormone.
Is a Night Owl and Finds it Hard to Sleep Early: Melatonin regulates sleep-wake cycles.	Loves to Laugh and Always in a Good Mood: Endorphins contribute to happiness and laughter.	**FREE**	Has Experienced Rapid Heartbeat When Scared or Surprised:Adrenaline causes the heart to race during intense emotions.	Has Noticed Changes in Body Shape (for Girls):Estrogen influences body shape during puberty.
Has Noticed Changes in Hair Thickness During Puberty:Hormonal changes can affect hair thickness and volume.	Has had a craving for junk food recently: Ghrelin (Hunger Hormone) cravings.	Has Noticed Changes in Nail Growth During Puberty:Hormonal changes can influence nail health and growth.	Has Felt a Sense of Calm After Spending Time in Nature: Nature exposure can reduce cortisol levels promoting relaxation.	Has Noticed Skin Changes(like Acne) during Puberty: Hormonal changes including testosterone and estrogen can affect skin.
Has Felt a Rush of Excitement on a Roller Coaster: Adrenaline is released during thrilling experiences.	Has Felt Butterflies in the Stomach (Nervousness): Various hormones including adrenaline can cause this feeling.	Has a Sweet Tooth and Loves Chocolate: Serotonin levels can influence cravings for sweets.	Loves to Make Others Happy and Feel Empathetic: Oxytocin is related to bonding and empathy.	Has Felt Really Thirsty and Drank a Lot of Water: Hormonal imbalances can affect thirst and hydration levels.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Loves to Laugh and Always in a Good Mood: Endorphins contribute to happiness and laughter.	Has Experienced Menstrual Cramps (for Girls): Progesterone is related to menstrual cycles.	Has felt nervous before a test or presentation: cortisol (Stress hormone) can cause nervousness.	Has Felt Hungry Right After Waking Up in the Morning: Hormonal fluctuations in the morning can trigger hunger.	Has a Family Member with Diabetes: Insulin is involved in blood sugar regulation.
Has Felt a Burst of Energy After Exercise: Endorphins are released during physical activity causing a boost in energy.	Loves to Make Others Happy and Feel Empathetic: Oxytocin is related to bonding and empathy.	Has Noticed Changes in Voice (for Boys0: Testosterone affects vocal changes during puberty.	Has Felt Butterflies in the Stomach (Nervousness): Various hormones including adrenaline can cause this feeling.	Has experienced a sudden growth spurt in the last year: Growth hormone.
Has Noticed Changes in Hair Thickness During Puberty:Hormonal changes can affect hair thickness and volume.	Has Experienced Rapid Heartbeat When Scared or Surprised:Adrenaline causes the heart to race during intense emotions.	**FREE**	Has Noticed Changes in Body Shape (for Girls):Estrogen influences body shape during puberty.	Gets Excited Easily and Enjoys Thrilling Activities: Adrenaline causes the "fight or flight" response.
Has Felt a Sense of Calm After Spending Time in Nature: Nature exposure can reduce cortisol levels promoting relaxation.	Has a Sweet Tooth and Loves Chocolate: Serotonin levels can influence cravings for sweets.	Loves Outdoor Activities and Feels Energetic: Thyroid hormones influence metabolism and energy levels.	Has Felt Really Thirsty and Drank a Lot of Water: Hormonal imbalances can affect thirst and hydration levels.	Has had a craving for junk food recently: Ghrelin (Hunger Hormone) cravings.
Has Noticed Changes in Nail Growth During Puberty:Hormonal changes can influence nail health and growth.	Has Noticed Skin Changes(like Acne) during Puberty: Hormonal changes including testosterone and estrogen can affect skin.	Is a Night Owl and Finds it Hard to Sleep Early: Melatonin regulates sleep-wake cycles.	Loves Hugging and Physical Affection: Vasopressin is linked to social bonding.	Has Felt a Rush of Excitement on a Roller Coaster: Adrenaline is released during thrilling experiences.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Has Felt Butterflies in the Stomach (Nervousness): Various hormones including adrenaline can cause this feeling.	Has a Sweet Tooth and Loves Chocolate: Serotonin levels can influence cravings for sweets.	Has Experienced Menstrual Cramps (for Girls): Progesterone is related to menstrual cycles.	Has Noticed Skin Changes(like Acne) during Puberty: Hormonal changes including testosterone and estrogen can affect skin.	Has Experienced Rapid Heartbeat When Scared or Surprised:Adrenaline causes the heart to race during intense emotions.
Loves Outdoor Activities and Feels Energetic: Thyroid hormones influence metabolism and energy levels.	Has Noticed Changes in Hair Thickness During Puberty:Hormonal changes can affect hair thickness and volume.	Has Noticed Changes in Nail Growth During Puberty:Hormonal changes can influence nail health and growth.	Loves Hugging and Physical Affection: Vasopressin is linked to social bonding.	Has Noticed Changes in Voice (for Boys0: Testosterone affects vocal changes during puberty.
Is a Night Owl and Finds it Hard to Sleep Early: Melatonin regulates sleep-wake cycles.	Has Felt Really Thirsty and Drank a Lot of Water: Hormonal imbalances can affect thirst and hydration levels.	**FREE**	Has had a craving for junk food recently: Ghrelin (Hunger Hormone) cravings.	Has Felt a Sense of Calm After Spending Time in Nature: Nature exposure can reduce cortisol levels promoting relaxation.
Loves to Laugh and Always in a Good Mood: Endorphins contribute to happiness and laughter.	Has experienced a sudden growth spurt in the last year: Growth hormone.	Has felt nervous before a test or presentation: cortisol (Stress hormone) can cause nervousness.	Loves to Make Others Happy and Feel Empathetic: Oxytocin is related to bonding and empathy.	Has Felt a Burst of Energy After Exercise: Endorphins are released during physical activity causing a boost in energy.
Has Noticed Changes in Body Shape (for Girls):Estrogen influences body shape during puberty.	Gets Excited Easily and Enjoys Thrilling Activities: Adrenaline causes the "fight or flight" response.	Has a Family Member with Diabetes: Insulin is involved in blood sugar regulation.	Has Felt Hungry Right After Waking Up in the Morning: Hormonal fluctuations in the morning can trigger hunger.	Has Felt a Rush of Excitement on a Roller Coaster: Adrenaline is released during thrilling experiences.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved