

B	I	N	G	O
sick day due to heavy cramps	Acne Break-out	Emotions	Sore Breasts	Mood Swings
Cancelled Plans	old pad smells in trash	Pads and tampons	Agitation	cycle length
stained my bed	Ask someone to check you pants	FREE	May start age 8 years	Menstruation is period
bleed in shower	Migraine	Short Temper	Follow proper hygiene	Not in Mood
Bleeding	Weight Gain	Cramps	stained my clothes in public	Cravings

B	I	N	G	O
stained my bed	stained my clothes in public	Agitation	Migraine	Cancelled Plans
Sore Breasts	Menstruation is period	Emotions	Not in Mood	Ask someone to check you pants
May start age 8 years	Acne Break-out	FREE	Follow proper hygiene	Short Temper
Cravings	sick day due to heavy cramps	Cramps	bleed in shower	Bleeding
Mood Swings	Hungry	cycle length	Pads and tampons	old pad smells in trash

B	I	N	G	O
bleed in shower	Follow proper hygiene	stained my bed	Cravings	Sore Breasts
Weight Gain	cycle length	stained my clothes in public	Migraine	Ask someone to check you pants
Short Temper	Agitation	FREE	May start age 8 years	Emotions
Hungry	Mood Swings	Bleeding	Acne Break-out	sick day due to heavy cramps
old pad smells in trash	Pads and tampons	Menstruation is period	Not in Mood	Cramps