

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

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