

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	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	Hungry

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

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