

B	I	N	G	O
Soreness	Acne Break-out	Cycle Calendar	Menstruation is period	Hungry
Cancelled Plans	Sick day due to heavy cramps	Low Iron	Agitation	Pads and tampons
Weight Gain	Ask someone to check you pants	FREE	Emotions	Flow (AKA Aunt Flo)
Not in Mood	Follow proper hygiene	May start age 10 years	Dark Chocolate	Hydration
Bleeding	Migraine	Cramps	Womanhood	Cravings

B	I	N	G	O
Weight Gain	Womanhood	Agitation	Follow proper hygiene	Cancelled Plans
Menstruation is period	Flow (AKA Aunt Flo)	Cycle Calendar	Hydration	Ask someone to check you pants
Emotions	Acne Break-out	FREE	Dark Chocolate	May start age 10 years
Cravings	Soreness	Cramps	Not in Mood	Bleeding
Hungry	Drink/Eat things Red	Pads and tampons	Low Iron	Sick day due to heavy cramps

B	I	N	G	O
Not in Mood	Dark Chocolate	Weight Gain	Cravings	Menstruation is period
Migraine	Pads and tampons	Womanhood	Follow proper hygiene	Ask someone to check you pants
May start age 10 years	Agitation	FREE	Emotions	Cycle Calendar
Drink/Eat things Red	Hungry	Bleeding	Acne Break-out	Soreness
Sick day due to heavy cramps	Low Iron	Flow (AKA Aunt Flo)	Hydration	Cramps