

Using the words and descriptions below, fill in the blanks to recreate the chart and list the different impacts of the main two female hormones. Some words may be used more than once.

uterus		
uterine lining		
breasts		
bones		
blood vessels		
brain cells		
well-being		

grows

tones, contracts

normalizes clotting

dilates, increases flow

stimulates

normal levels promote well being

high levels increase anxiety

progesterone

forms

maintains

relaxes

maintains and heals

promotes sleep and relaxation

decreases anxiety

estrogen