



Solar flare - Add methylation  
if you roll a 2,3, 4, 5 or 6

Sleep changes - Add methylation  
if you roll a 3, 4, 5 or 6

Cargo delivery with fresh fruit –  
no change

New exercise regime - Add  
methylation if you roll a 1 or a 2

New Cosmonauts arrive on  
station – add methylation  
if you roll a 1

Look out and see the Earth -  
remove 1 methylation

Experiment went poorly -  
add methylation if you  
roll a 4, 5 or 6

Family video chat -  
no change



EVA - Add methylation  
if you roll a 1, 2, or 3

Finished tasks – More free time –  
add methylation if you roll a 1

Capsule reentry - Add  
methylation if you roll  
a 2, 3, 4, 5 or 6