We start by colouring the edges:

of edges coloured: 1

of edges coloured: 2

of edges coloured: 3

of edges coloured: 4

of edges coloured: 5

of edges coloured: 6

of edges coloured: 7

of edges coloured: 7

All possible edges have been coloured!

Total Edges Coloured: 7

All possible edges have been coloured!

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All possible edges have been coloured!

Total Edges Coloured: 7

All possible edges have been coloured!

Total Edges Coloured: 7

All possible edges have been coloured!

Total Edges Coloured: 7

All possible edges have been coloured!

Total Edges Coloured: 7

Now to colour the faces:

of faces coloured: 1

of faces coloured: 1

of faces coloured: 2

of faces coloured: 2

of faces coloured: 3

of faces coloured: 3

of faces coloured: 3

of faces coloured: 3

of faces coloured: 3

of faces coloured: 3

of faces coloured: 3

of faces coloured: 4

of faces coloured: 5

of faces coloured: 5

of faces coloured: 5

of faces coloured: 6

All possible faces have been coloured!

Total Faces Coloured: 6

All possible faces have been coloured!

Total Faces Coloured: 6

All possible faces have been coloured!

Total Faces Coloured: 6