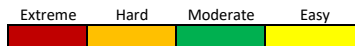


Steve Edwards 56th Birthday Challenge - June 5, 2016 - November 22, 2016  
 5.6 months - 5 months, 18 days - 171 days

Degree of Difficulty (DOD) Key:



Category	#	Activity	DOD	Done	Need	Remaining	% complete	Date Finished
1		<b>Participate in the Challenge every day - no mulligans</b>		171	171	0	100%	11/22/2016
1	6/5/2016	Martini, Speefnarkle				0	#DIV/0!	
2	6/6/2016	Run, 1st 6 day diet (vegetarian), Read				0	#DIV/0!	
3	6/7/2016	day 2 veg diet, 1/2 hour set, cook veg meal, 2 tv episodes				0	#DIV/0!	
4	6/8/2016	day 3 veg diet, paddle, run, cook veg meal, 1 tv episode				0	#DIV/0!	
5	6/9/2016	day 4 veg diet, read book #2, tv episode				0	#DIV/0!	
6	6/10/2016	day 5 veg diet, veggie burrito, 1/2 hour set, tv episode, 2 martinis				0	#DIV/0!	
7	6/11/2016	day 6 veg diet, run, paddle, cook veg meal, martini				0	#DIV/0!	
8	6/12/2016	day 1 pescatarian diet, watch An Am in Paris, cook veg meal, 3 tv episodes				0	#DIV/0!	
9	6/13/2016	day 2 pescatarian diet, run, grippers, cocktail				0	#DIV/0!	
10	6/14/2016	day 3 pescatarian diet, paddle, run, 1/2 hour set, finished book, martini				0	#DIV/0!	
11	6/15/2016	day 4 pescatarian diet, surf, make veggie dinner, movie, martini, caucasion				0	#DIV/0!	
12	6/16/2016	day 5 pescatarian diet, 7 Olys, watch Chinatown				0	#DIV/0!	
13	6/17/2016	day 6 pescatarian diet, 10 mile hike, The Right Stuff, 11 Olys				0	#DIV/0!	
14	6/18/2016	7 Olys				0	#DIV/0!	
15	6/19/2016	1/2 hour set, movie, 5 cocktails				0	#DIV/0!	
16	6/20/2016	Read 2 books				0		
17	6/21/2016	1/2 hour set, grippers, Cuca's burrito, read				0		
18	6/22/2016	veggie meal, 2 tv episodes				0		
19	6/23/2016	surf, run, veggie meal, 1/2 hour set, tv shows				0		
20	6/24/2016	surf, veggie meal, martini, tv show				0		
21	6/25/2016	read, watch Barfly				0		
22	6/26/2016	paddle, surf, 1/2 hour set, 2 tv shows, martini, read, 3 Olys				0		
23	6/27/2016	read				0		
24	6/28/2016	surf, veggie meal, finish book				0		
25	6/29/2016	surf, SUP, hoops, batting cage, ping-pong, Oly, cocktail, suit				0		
26	6/30/2016	3 cocktails, movie, tv show				0		
27	7/1/2016	2 tv shows, 2 cocktail				0		
28	7/2/2016	read 2 books, movie, Montreal						
29	7/3/2016	Quebec City, read book on bus,						
30	7/4/2016	gripper workout, 2 cocktails, movie						
31	7/5/2016	run, martini						
32	7/6/2016	grippers, 2 cocktails, movie						
33	7/7/2016	cocktail						
34	7/8/2016	grippers						
35	7/9/2016	read, 2 cocktails						
36	7/10/2016	read, 2 cocktails						
37	7/11/2016	read, grippers, 4 cocktails						
38	7/12/2016	finished book, 2 movies, tv show						
39	7/13/2016	reps, grippers, 1/2 hour set, tv show, veggie meal, read						
40	7/14/2016	veggie meal, Manny bok work, read						
41	7/15/2016	reps, grippers, 1/2 hour set, tv show, veggie meal, read						
42	7/16/2016	bike ride, run, cocktails						
43	7/17/2016	2 movies, cocktail						
44	7/18/2016	Manny book						
45	7/19/2016	Grippers, 1/2 hour set, 5 cocktails, 2 tv shows						
46	7/20/2016	run						
47	7/21/2016	grippers, one-arm training, 1/2 hour set						
48	7/22/2016	movie, 2 caucasions, 2 tv shows						
49	7/23/2016	Vintner's run, veggie meal, 2 tv shows						
50	7/24/2016	9 redpoints, 9 Manny routes						
51	7/25/2016	run, 1/2 hour set, veggie meal, tv show,						
52	7/26/2016	Manny book...all night						
53	7/27/2016	Manny book almost done, grippers, 1/2 hour set						
54	7/28/2016	Manny book, run, cold shower, movie						
55	7/29/2016	Manny book, movie						
56	7/30/2016	Manny book, bouldering (Manny probs at Mouth), paddle, run, 1/2 hour set, 2 cold showers						
57	7/31/2016	Finish Manny book						
58	8/1/2016	run, cold shower, Manny book, floss, 2 tv shows						
59	8/2/2016	grippers, DA, 1/2 hour set, veggie meal, tv show						
60	8/3/2016	run, cold shower,						
61	8/4/2016	grippers, cold shower						
62	8/5/2016	1/2 hour set, run, cold shower						
63	8/6/2016	bouldering, paddle, run						
64	8/7/2016	read book, 5 cocktails						
65	8/8/2016	movie						
66	8/9/2016	grippers, run, 1/2 hour set, cold shower, read book						
67	8/10/2016	DA, reps, veggie meal, cold shower						
68	8/11/2016	run, cold shower, veggie meal						
69	8/12/2016	cold shower - didn't want to atll.						
70	8/13/2016	bouldering, run, cold shower, 56 frames						
71	8/14/2016	fritters, Clint movie, Oly						
72	8/15/2016	grippers, 1/2 hour set, tv show						
73	8/16/2016	1/2 hour set, 2 tv shows, cold shower, veggie meal (leftovers)						
74	8/17/2016	grippers, 1/2 hour set, tv show, cold shower						



	49	157	11/8/2016	surf, boulder, one arms, 1/2 hour set, cold shower, read						
	50	158	11/9/2016	surf, run, cold shower, read						
	51	159	11/10/2016	surf, cold shower, read						
	52	160	11/11/2016	surf, bouldering, read						
	53	161	11/12/2016	SB half marathon, cold shower, surf						
	54	162	11/13/2016	surf, cold shower, movie, finish 13 movies list						
	55	163	11/14/2016	surf, run mile						
	56	164	11/15/2016	surf, last day no booze, last day floss, boulder, read, movie						
	165		11/16/2016	surf, read						
	166		11/17/2016	surf, movie						
	167		11/18/2016	56 hr challenge						
	168		11/19/2016	56 hr challenge						
	169		11/20/2016	56 hr challenge						
	170		11/21/2016	breath hold, grippers, read						
	171		11/22/2016	one arms, grippers, front lever, breath hold, cold shower, movie, suit						
Climbing	2			56 new redpoints (of any grade)	18	56	38	32%		
	3			Redpoint 5.13	0	5.13	5.13	0%		
	4			The Grandeur 10	10	10	0	100%	9/17/2016	
	5			Boulder V10	0	10	10	0%		
	6			56 new boulder problems (of any grade, not FA's, just new to me)	56	56	0	100%	10/1/2016	
	7			Climb 56 Steve Edwards BPs/routes	56	56	0	100%	10/8/2016	
	8			Climb Experiment in Terror (Lizard's Mouth - classic Manny problem)	0	1	1	0%		
	9			560 different boulder problems	560	560	0	100%	11/15/2016	
Ocean	10			56 days of surfing	29	56	27	52%		
	11			56 miles paddleboarding	56	56	0	100%	11/19/2016	
	12			5.6 mile stand-up paddleboard	5.6	5.6	0	100%	6/29/2016	
	13			Catch 56 waves in a single surf session	56	56	0	100%	6/29/2016	
Sports	14			56 one arm pullups (total) do a one-arm pullup	0	1	1	0%		
	15			560 miles of bike riding	560	560	0	100%	11/19/2016	
	16			5600 pullups	5600	5600	0	100%	11/19/2016	
	17			5600 pushups	5600	5600	0	100%	11/19/2016	
	18			5600 squats	5600	5600	0	100%	11/19/2016	
	19			5600 ab exercises	5600	5600	0	100%	11/19/2016	
	20			close #1 gripper with each hand 5-reps-each	1	2	1	50%		
	21			Summit 56 different peaks, by foot or by bike	17	56	39	30%		
	1			Riviera 1 (bike)						
	2			Riviera 2 (bike)						
	3			Panorama Dome						
	4			Cabin Summit						
	5			Pine Glade Summit						
	6			Sub Peak Grandeur						
	7			Grandeur Peak						
	8			Sensei Spire						
	9			Top of Buttermilks						
	10			North peak Buttermilks						
	11			McGee sub-peak						
	12			K2 boulder at Red Rock						
	13			Mesa Lane Steps						
	14			Top of Lizard's Mouth						
	15			Inspiration Point						
	16			La Cumbre Peak						
	17			La Cumbre sub-summit						
	22			5.6 second front lever	0	5.6	5.6	0%		
	23			Run a 5:36 mile (5 minutes and 60%)	5.6	5.6	0	100%	11/14/2016	
	24			Run 56 miles in 56 hours	56	56	0	100%	11/20/2016	
	25			560 pullups/pushups/abs/squats in 56 hours	560	560	0	100%	11/20/2016	
	26			5 of the California 14'ers	0	5	5	0%		
	27			560 miles kilometers running	354	560	206	63%	11/18/2016	
	28			Get weight under 150 lbs	149	149	0	100%	10/16/2016	
	29			56 games of ping-pong	56	56	0	100%	6/29/2016	
	30			Make 56 free throws in 56 minutes	56	56	0	100%	6/29/2016	
	31			56 minutes in the batting cage	56	56	0	100%	6/29/2016	
	32			Replicate the 50th Challenge before his 56th to finish	56	56	0	100%	11/20/2016	
	33			Compete in 5 organized events/races	5	5	0	100%	11/12/2016	
	1			6/11/16 - Paddle for Sorel			0	#DIV/0!		
	2			7/23/16 - Vintner's 5 Miler			0	#DIV/0!		
	3			9/17/16 - Grandeur 10			0	#DIV/0!		
	4			10/15 - 10/16 - Owltoberfest			0	#DIV/0!		
	5			11/12/16 - SB Half Marathon			0	#DIV/0!		
	34			4 minute breath hold - cause 5.6 minutes is ridiculous	2.95	4	1.05	74%		
	35			56 disc-golf holes	0	56	56	0%		
	36			Ride a Century	100	100	0	100%	9/10/2016	
	37			56 frames of bowling	56	56	0	100%	8/13/2016	
Food/Booze	38			Eat 5.6 fritters in a single day	5.6	5.6	0	100%	8/14/2016	
	39			Make 56 vegetarian meals	56	56	0	100%	11/4/2016	
	1	6/7/2016		Vegetarian chili			0	#DIV/0!		
	2	6/8/2016		Curry Tofu			0	#DIV/0!		
	3	6/11/2016		Chickpea burgers			0	#DIV/0!		
	4	6/12/2016		Nepalese Daal			0	#DIV/0!		
	5	6/15/2016		Broccoli Quinoa Casserole			0	#DIV/0!		
	6	6/22/2016		Red lentil curry			0			
	7	6/23/2016		Roasted veggie pasta			0			







- 10/23/2016 Mccloud, CA / Mt. Shasta, CA
- 10/24/2016 Oakridge, OR
- 53 Do a "13 Movies You Must See" write up to add to Manny's list
- 54 Memories of Manny book
- 55 56 Cold Showers
- 56 5600 miles of airline travel

	13	13	0	100%
	1	1	1	100%
	56	56	0	100%
	5600	5600	0	100%

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