



## A Day in the Life of Batman



What is it like to be a superhero?  
Here is how Batman will spend his day  
tomorrow in Gotham City.



6:30 a.m.

I will wake up, put my costume on and run 20 kilometres. Last week I ran 20 km in 1h12. I need to do better tomorrow. Maybe less than 1 hour and ten minutes ?



8:00 a.m.

Then I will swim 6,745 metres in the East River and when I come back home, I will have a cold shower because it gives me a lot of energy.



9:00 a.m.

That will be the time for my large breakfast. I will drink one litre of fruit juice because it is full of vitamins. I will eat two large bowls of strawberry and chocolate cereals, some toast and half a kilogram of oranges.



9:45 a.m.

Next I will go to the Batcave and check on my computers and screens if everything is alright in Gotham City.



11:45 a.m.

Just before lunch, I will do 45 minutes of yoga. I need this time to relax and let it go.



12:30 p.m.

I will eat a big lunch. Do you know I am very good at cooking steaks ? I just love them. Two steaks for me and a large portion of French fries will do and some tropical fruit for dessert. I won't forget to drink two or three glasses of water.



2:00 p.m.

I think I will have a nap after lunch. I will need to regenerate my body because I didn't sleep last night and I don't think I will sleep again tonight. I must follow the Joker. Top priority !



3:00 p.m.

That will be the time to do some martial arts. I always need to be ready to fight my enemies. Then I will have a look at my e-mails and I will take a second cold shower.



5:00 p.m.

I will go back to the gym and meditate for a few minutes. It is called 'mindfulness' and it helps me relax.



7:45 p.m.

I will stop being Batman for the evening. Back to Bruce Wayne. The Mayor will visit me tomorrow because I organise a dinner for the Wayne Foundation Charities.



11:59 p.m.

Bruce Wayne will be tired and will want to sleep. But Batman will certainly not agree... You see, I must keep a close eye on so many enemies...