

Gestational Surrogate Daily Check-in

Date:

Have I connected with my IP(s) today?:

Yes
☐

No
☐

Important notes for today

How am I maintaining
my sense of self?

How am I staying connected
to my family?

Upcoming appointments and milestones

☐☐

My goals for today

☐☐☐

Today, how comfortable am I with delivering a baby
for someone else?

☐ — ☐ — ☐ — ☐

Quite
uncomfortable

Very
comfortable

How have I felt today?

☐ — ☐ — ☐ — ☐

Not good

Good

