

Intended Parents Daily Check-in

Date:

Have I connected with my surrogate today?:

Yes
☐

No
☐

Important notes for today

Today I am most hopeful for:

Today I am most concerned about:

Upcoming appointments and milestones

☐☐☐☐☐

Today, how comfortable am I with becoming a parent through surrogacy?

☐ — ☐ — ☐ — ☐

Quite
uncomfortable

Very
comfortable

How have I felt today?

☐ — ☐ — ☐ — ☐

Not good

Good

