Subject: Follow-Up on Reference Check for Fellowship Application

Dear [Reference's Name],

I hope this message finds you well. I am writing to follow up regarding the reference check for my fellowship application at [Fellowship Program Name]. I wanted to take a moment to thank you for agreeing to provide a reference on my behalf.

As the application process continues, I would appreciate any insights you could share about my candidacy. If you have already been contacted by the fellowship committee, I would love to hear your thoughts on how that conversation went.

Thank you once again for your support and for taking the time to assist me in this endeavor. Your input is invaluable, and I am truly grateful.

Best regards,

[Your Name][Your Contact Information][Your LinkedIn Profile or Website, if applicable]