Subject: Follow-Up on Job Application - [Your Name]

Dear [HR Manager's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Job Title] position that I submitted on [Submission Date]. I am very enthusiastic about the opportunity to join [Company Name] and contribute to [specific project or goal].

I wanted to inquire if there have been any updates regarding my application status. I am very eager to bring my [mention relevant skills or experience] to your team and am looking forward to the possibility of discussing this exciting opportunity with you.

Thank you for your time and consideration. I hope to hear from you soon.

Sincerely,
[Your Name]
[Your Phone Number]
[Your Email Address]