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

Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to follow up on my job 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 your team.

I would appreciate any updates you could provide regarding the status of my application. Thank you for your time, and I look forward to hearing from you soon.

Sincerely,

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