Dear [Hiring Manager's Name],

I hope this message finds you well. I wanted to take a moment to follow up on my application for the [Job Title] position at [Company Name], which I submitted on [Date of Application]. I am very enthusiastic about the opportunity to join your team and contribute to [specific project or value related to the company].

Additionally, I would like to express my gratitude for the opportunity to interview on [Date of Interview]. It was a pleasure discussing my qualifications and learning more about the innovative work at [Company Name]. Thank you for considering my application.

If there are any updates regarding my application status or if you need any further information from my side, please do not hesitate to reach out.

Thank you once again for your time and consideration!

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