Dear [Hiring Manager's Name],

I hope this message finds you well. I wanted to follow up regarding 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 detail about the company or role].

If possible, I would greatly appreciate any feedback you may have on my application status or the overall selection process. Thank you for considering my application; I look forward to the opportunity to speak with you.

Best regards,

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