Dear [Recruiter's Name],

I hope this message finds you well. I wanted to follow up regarding my application for the [Job Title] position that I interviewed for on [Date]. I am very enthusiastic about the opportunity to join [Company Name] and contribute to your team.

If there are any updates about my application status, I would greatly appreciate it if you could let me know. Thank you for your time and consideration, and I look forward to hearing from you soon.

Warm regards,
[Your Name]
[Your Phone Number]
[Your Email Address]