

Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Internship 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 wanted to inquire if there have been any updates regarding my application status. I am eager to bring my skills in [Relevant Skills] and my passion for [Industry/Field] to your esteemed organization.

Thank you for considering my application. I look forward to the possibility of discussing my candidacy further.

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