Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Job Title] position at [Company Name], which I submitted on [Submission Date]. I remain very interested in the opportunity to join your team and contribute to [specific project or company goal].

Since my application, I have continued to enhance my skills in [mention any relevant skills or experiences], and I am eager to bring my expertise in [specific area relevant to the job] to [Company Name].

If there have been any updates regarding my application status, I would greatly appreciate any information you could share. Thank you for considering my application. I look forward to the possibility of discussing my candidacy further.

Warm regards,

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