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 [Date of Application]. I am very enthusiastic about the opportunity to join [Company Name] and contribute to your team.

I appreciate your consideration of my application and would love to discuss my qualifications further. Please let me know if there have been any updates regarding my application status.

Thank you for your time, and I look forward to hearing from you soon.

Sincerely,

[Your Name]

[Your Phone Number]

[Your Email Address]