

Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my job application for the [Job Title] position at [Company Name], which I submitted on [Submission Date]. I wanted to express my continued interest in the role and inquire if there have been any updates regarding my application.

Additionally, I wanted to confirm that my references, [Reference Name 1] and [Reference Name 2], are available to provide any information needed to support my application. Please let me know if you require their contact details or if there is anything else I can assist you with.

Thank you for considering my application. I look forward to hearing from you soon.

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