Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on the manuscript titled "[Manuscript Title]", which I submitted on [Submission Date] for your evaluation.

As the review process can take some time, I wanted to kindly inquire if there have been any updates regarding the status of my submission. I greatly appreciate the effort and time that goes into the evaluation process and am eager to receive your feedback.

Thank you for your attention to this matter. I look forward to hearing from you soon.

Best regards,

[Your Name][Your Affiliation][Your Email][Your Phone Number]