Dear [Editor's Name],

I hope this message finds you well. I am writing to follow up on the status of my manuscript entitled "[Manuscript Title]," submitted on [Submission Date].

I understand that the review process can take time, and I greatly appreciate the efforts of the reviewers and your team. However, I would be grateful if you could provide any updates regarding the progress of the review.

Thank you for your attention to this matter. I look forward to your response.

Warm regards,

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