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

I would appreciate any update you can provide regarding my application status. Thank you for your time and consideration. I look forward to hearing from you soon.

Best regards, [Your Name] [Your Phone Number] [Your Email Address]