Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to follow up on my job 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 greatly appreciate any updates you might have regarding my application status. Thank you for considering my application, and I look forward to hearing from you soon.

Best regards,

[Your Name]

[Your Phone Number]

[Your Email Address]