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 wanted to inquire if there have been any updates regarding my application. I am eager to learn more about the next steps in the hiring process.

Thank you for considering my application. I look forward to the opportunity to speak with you.

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