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, which I submitted on [Submission Date]. 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 status. I am very eager to learn about the next steps in the hiring process.

Thank you for your time and consideration. I look forward to your response.

Sincerely,
[Your Name]
[Your Phone Number]
[Your Email Address]