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 at [Company Name] that I submitted on [Submission Date]. I appreciate the opportunity to apply and wanted to express my continued interest in joining your team.

After reflecting on the interview process and the valuable insights I gained about [Company Name]'s initiatives, I am even more enthusiastic about the potential to contribute to your team's success. I would be grateful if you could provide any updates regarding my application status and any further steps in the selection process.

Thank you for considering my request. I look forward to hearing from you soon.

Sincerely,

[Your Name]

[Your Contact Information]