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 [Submission Date]. I am very enthusiastic about the opportunity to join [Company Name] and contribute to your team.

As it has been [Time Period] since my application, I wanted to check in and see if there have been any updates regarding my application status. I am keen to know if there is any further information I can provide to assist in the decision-making process.

Thank you for considering my application. I appreciate your time, and I look forward to your response.

Sincerely,

[Your Name]

[Your Phone Number]

[Your Email Address]