Dear [Hiring Manager's Name],

I hope this message finds you well. I wanted to follow up regarding my recent application for the [Job Title] position I applied for on [Date of Application]. I am very enthusiastic about the opportunity to join [Company Name] and contribute to [specific project or goal related to the company].

If there are any updates regarding my application status or the hiring timeline, I would greatly appreciate your feedback.

Thank you for your time and consideration. I look forward to hearing from you soon.

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