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

If there are any updates regarding my application status, I would greatly appreciate it if you could share them with me.

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

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