Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to follow up regarding my 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 with my skills and experiences.

I wanted to inquire if there have been any updates regarding my application status. I am very eager to learn more about the role and how I can be an asset to your organization.

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

Best regards,
[Your Name]
[Your LinkedIn Profile or Professional Website (if applicable)]
[Your Phone Number]
[Your Email Address]