

Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Internship Position] at [Company Name] that I submitted on [Submission Date]. I am very enthusiastic about the opportunity to join your team and contribute to [mention any specific project or goal related to the company].

I appreciate the time and effort taken by your team to review my application. If possible, I would love to know about any updates regarding my application status or the timeline for the selection process.

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

Best regards,

[Your Name]

[Your Phone Number]

[Your Email Address]