Dear [Hiring Manager's Name],

I hope this message finds you well. I am writing to check in regarding my application for the [Job Title] position at [Company Name], which I submitted on [Submission Date]. I am very enthusiastic about the opportunity to join your team and contribute to [specific aspect of the company or role].

If there have been any updates regarding the status of my application, I would greatly appreciate your feedback. Thank you for considering my application. I look forward to your response.

Best regards, [Your Name] [Your Contact Information] [LinkedIn Profile or Website, if applicable]