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 excited about the opportunity to join [Company Name] and contribute to your team.

Could you please provide me with an update on the status of my application? I appreciate your time and consideration and look forward to your response.

Thank you.

Best regards,
[Your Name]
[Your Contact Information]