Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my research proposal titled "[Title of Research Proposal]," which I submitted on [Submission Date]. I am eager to know about the status of the review process and whether there have been any updates regarding its acceptance.

If you require any further information or additional documentation from my side, please do not hesitate to let me know. I appreciate your time and consideration and look forward to your response.

Thank you very much.

Sincerely,

[Your Name][Your Position][Your Institution][Your Contact Information]