Dear [Recipient's Name],

I hope this message finds you well. I wanted to follow up regarding the research proposal I submitted on [submission date]. I am eager to hear your feedback and any suggestions you might have.

Understanding your insights is vital for refining my work, and I appreciate the time and effort you dedicate to reviewing my proposal. If there is a convenient time for us to discuss this further, please let me know.

Thank you for your consideration.

Sincerely,

[Your Name]

[Your Position]

[Your Institution]

[Your Contact Information]