Dear [Editor's Name],

I hope this message finds you well. I am writing to inquire about the status of my manuscript titled "[Title of Manuscript]" submitted on [Submission Date] in [Journal Name]. It has been [number of weeks/months] since the submission, and I wanted to kindly follow up regarding the peer review process.

Understanding the time and effort that goes into reviewing submissions, I greatly appreciate the work of the editorial team and reviewers. If possible, I would be grateful for any updates you could provide regarding the progress of my submission.

Thank you very much for your time and consideration.

Sincerely,
[Your Name]
[Your Affiliation]
[Your Email Address]