Dear [Editor's Name],

I hope this message finds you well. I am writing to follow up on the status of my manuscript titled "[Manuscript Title]" which was submitted on [Submission Date] to [Journal Name].

As it has been [insert duration] since my submission, I would appreciate any updates regarding the progress of the review process and the expected timeline for publication.

Thank you for your attention to this matter. I look forward to your response.

Sincerely,

[Your Name][Your Affiliation][Your Email][Your Phone Number]