

Dear [Recipient's Name],

I hope this message finds you well. I wanted to follow up on my application for the [Internship Position] at [Company Name] that I submitted on [Application Date]. I am very enthusiastic about the opportunity to join your team and contribute to [specific project or area of work].

If there are any updates regarding my application status or if you need any further information from my side, please do not hesitate to reach out. I look forward to the possibility of discussing my application further.

Thank you for your time and consideration.

Best regards,
[Your Name]
[Your Phone Number]
[Your Email Address]