Dear [Agent's Name],

I hope this message finds you well. I am writing to follow up on my recent submission of [Title of Manuscript] on [Date of Submission]. I understand that you receive numerous queries and it may take some time to review each one, but I wanted to check in and see if there have been any updates regarding my submission.

Your expertise and insight in the industry are something I highly value, and I am eager to hear your thoughts on my work. Thank you for your time and consideration.

I look forward to your response.

Warm regards,

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