Dear [Agent's Name],

I hope this message finds you well. I wanted to follow up regarding my manuscript, [Title of Manuscript], which I submitted on [Submission Date]. I understand that you may have a busy schedule, but I am eager to hear your feedback.

Thank you for considering my work, and I appreciate any insights you can provide. Looking forward to your reply.

Best regards,

[Your Name][Your Contact Information][Your Website or Social Media Links (if applicable)]