

Dear [Editor's Name],

I hope this message finds you well. I am writing to check in regarding my manuscript titled "[Title of Your Manuscript]," submitted on [Submission Date]. It has been [number of weeks/months] since submission, and I would appreciate any updates you may have regarding the review process.

Thank you for your attention to this matter. I look forward to hearing from you soon.

Best regards,

[Your Name]

[Your Affiliation]

[Your Email]