Dear [Journal Editor's Name],

I hope this message finds you well. My name is [Your Name], and I am writing to inquire about the status of my manuscript titled "[Manuscript Title]," submitted on [Submission Date].

As it has been [number of weeks/months] since my submission, I would greatly appreciate any updates regarding the review process and the estimated timeline for receiving feedback.

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

Sincerely,
[Your Name]
[Your Affiliation/Institution]
[Your Email Address]
[Your Phone Number]