Dear [Admissions Committee/Specific Name],

I hope this message finds you well. My name is [Your Name], and I am writing to inquire about the status of my application for the [Program Name] at [University Name]. I submitted my application on [Submission Date] and am eager to know if there are any updates regarding my application.

Thank you for your attention to my request. I look forward to hearing from you soon.

Sincerely,
[Your Name]
[Your Email Address]
[Your Phone Number]