

Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Internship Position] at [Company Name], which I submitted on [Application Date]. I remain very enthusiastic about the opportunity to join your team and contribute to [specific project or goal related to the internship].

If there have been any updates regarding my application status, I would greatly appreciate you sharing them with me. I am very eager to learn and contribute to [Company Name] and would love the chance to discuss my application in more detail.

Thank you for your time and consideration. I look forward to hearing from you soon.

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