Dear [Editor's Name],

I hope this message finds you well. I am writing to follow up on my manuscript titled "[Manuscript Title]," which I submitted on [Submission Date] for consideration in [Journal Name].

As I have not yet received any updates regarding the status of my submission, I wanted to kindly inquire if there has been any progress in the review process. I appreciate the time and effort that goes into reviewing manuscripts and understand that this can take time.

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

Best regards,

[Your Name] [Your Institution] [Your Email] [Your Phone Number]