Dear [Recipient's Name],

I hope this message finds you well. I am writing to kindly follow up on the status of my application for the [Job Title/Position Name] at [Company Name], which I submitted on [Submission Date].

As I am very enthusiastic about the opportunity to join your team and contribute to [specific project or aspect of the company], I wanted to inquire if there have been any updates regarding my application.

Thank you for considering my application. I look forward to the possibility of discussing my qualifications further.

Best regards,
[Your Name]
[Your Email]
[Your Phone Number]