Dear [Recipient's Name],

I hope this message finds you well. I am writing to inquire about the status of my application for the [specific position, program, or opportunity] submitted on [submission date]. I remain very interested in this opportunity and would appreciate any updates you could provide regarding my application.

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

Best regards,

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