Dear [Recipient's Name],

I hope this message finds you well. I am writing to inquire about the status of my application for the [Position/Program Name] submitted on [Submission Date].

I am very enthusiastic about the opportunity to join [Company/Institution Name] and contribute to [specific details about the role or program]. If there are any updates or additional information needed from my side, please let me know.

Thank you for your time, and I look forward to your reply.

Sincerely,

[Your Name]
[Your Contact Information]