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].

As I have not yet received any updates, I would greatly appreciate any information you could provide regarding the progress of my application.

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

Sincerely,

[Your Name]
[Your Contact Information]
[Your Address]