Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my application for the [Job Title/Position] at [Company Name] that I submitted on [Submission Date]. I am very enthusiastic about the opportunity to join your team and contribute to [specific project or value related to the company].

I would like to inquire if there have been any updates regarding my application status. I am very eager to hear your feedback and discuss any next steps.

Thank you for your time and consideration. I look forward to your response.

Best regards,

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