Subject: Follow-Up on Freelance Writing Submission

Dear [Recipient's Name],

I hope this message finds you well. I am writing to follow up on my recent submission for the freelance writing opportunity titled "[Title of Submission]" sent on [Date of Submission].

I am keen to know if there has been any update on my application and if there is anything further I can provide to assist in your decision-making process.

Thank you for considering my work. I look forward to your response.

Best regards,
[Your Name]
[Your Contact Information]
[Your Website or Portfolio Link]