**“Hello [Hiring Manager],**   
  
I wanted to follow up in regard to the [position interviewed for] position that we discussed on [the day the interview took place]. I’m so excited about what I learned and wanted to check if there have been any updates on your end in the hiring process. I get that these things take a while, so no hurry! Thanks for keeping me in the loop and for this excellent opportunity!  
  
If you need anything from me, such as additional resources, feel free to reply back to me here.  
  
**Take care,   
Your Name   
[Contact information]”**