“Hi [Hiring Manager],   
  
I’m following up on my application for the [position interviewed for] position. I’m looking forward to learning more about the opportunity because I think it’d be a great fit based on my experience with [relevant skill]. Any update on your end when you get a chance would be really appreciated! I understand these things take time, so no rush.  
  
Have a wonderful day,

Your Name   
[Contact information]”