[Name and address of the organisation]
[Your name and full postal address]
[Your contact number]
[Your email address]
[The date]
Dear Rod Bowen,
Subject access request
[Include your full name and other relevant details to help identify you].
Please supply the personal data you hold about me, which I am entitled to receive under data protection law, held in:
[Give specific details of where to search for the personal data you want, for example:
 my client files; emails between 'person A' and 'person B' (from date to date) financial statements (between date and date).
If you need any more information, please let me know as soon as possible.
[Please state whether you would prefer to receive the data in a particular electronic format, or printed out].
Yours faithfully,
[Signature]