



PRECISION MEMBERSHIP

CJ MASSIE

When you're ready for a complete reset—body, mind, and spirit.

Sometimes you know you need more than a tweak.
You need a reset.

A clear, guided plan. Someone in your corner who knows exactly how to get you from here to there—and won't let you settle for halfway.

That's what Precision Coaching is all about.

Unlike my monthly membership (which offers steady, ongoing support), Precision Coaching is an intensive, high-touch program designed for a specific window of transformation—usually 3-6 weeks—where we go all-in together.

New Body
#AllNaturalFitness





Here's what you can expect:

- **Deep-Dive Assessment** – We start with your full health, lifestyle, and habit history so nothing is left to guesswork.
- **Custom Nutrition & Movement Plan** – Tailored to your goals, your schedule, and your current energy levels—not a generic template.
- **Daily or Near-Daily Check-ins** – Direct access for real-time adjustments, troubleshooting, and encouragement.
- **Behavioral Breakthroughs** – We focus on replacing patterns that no longer serve you with ones that work for this season of your life.
- **Full Lifestyle Integration** – From sleep and stress to digestion and stress to digestion and hormones, we build a plan that works in the real world, not just on paper.

This is for the person who's done with trial and error. Who wants results with clarity and purpose—and wants them now.

If you've been thinking, "I just need someone to tell me exactly what to do, and I'll do it", then Precision Coaching is your lane.

We'll build your plan, execute it together, and get you the progress you've been waiting for—without burning you out or pulling you away from the life you love.

If you're ready to step into this season with absolute focus, reply to this email or click here to apply →

LINK HERE

Your comeback starts now.

Grow 🌱 your future self depends on it.

CJ Massie

Founder, New Body Legacy

