MCP SERVER | NO CODE | CLOUD HOSTED

Accessible Routine Planner MCP

Plan life transitions that respect your physical and social constraints.

Accessible Routine Planner MCP helps you navigate major life changes without burning out. It builds phased transition plans by looking at your specific accessibility requirements, the strength of your support network, and your physical environment. Instead of generic schedules, you get a realistic roadmap that accounts for your actual capacity and logistical needs.

A+ Quality Score 100/100

routine | transition | accessibility | planning | life-management

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vinkius.com/en/ai-agent-connect/accessible-routine-planner

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Accessible Routine Planner MCP

4 tools available
Cloud-hosted on Vinkius

Moving to a new home, starting a new job, or changing your daily rhythm shouldn't feel like a crisis. This MCP acts as a logic engine for managing these shifts. It doesn't just give you a to-do list; it reconciles your upcoming changes with the reality of your life. You can account for physical fatigue, ensure your support network isn't overextended, and verify that new locations actually meet your accessibility needs. It treats your energy and your environment as hard constraints rather than afterthoughts. By using this MCP, your AI client can build a phased rollout of changes that keeps your stability intact while you move toward a new routine.

Core Capabilities

01 — Phased Planning

Your agent breaks down large changes into manageable steps.

02 — Capacity Checking

The AI verifies if your support network can handle the workload.

03 — Environment Verification

Your agent checks if new locations meet your physical access needs.

04 — Pacing Control

The AI calculates how much time to leave between different stages of change.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/accessible-routine-planner** — connect your AI agent in three steps.

01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.

02 Provide your AI client with details about the upcoming life change.

03 Define your accessibility needs and support constraints.

04 The AI uses the tools to generate a phased, paced transition plan.

Connect the MCP to your AI client to start planning.

Built For

This is for anyone managing significant life shifts who needs to account for physical or logistical limitations.

Individuals with disabilities

Use the MCP to ensure new routines and locations respect your accessibility needs.

Caregivers

Hand off the task of checking support capacity to ensure a client's network isn't overwhelmed.

Life Transition Planners

Use the engine to build structured, phased plans for clients undergoing major changes.

What Changes When You Connect

01 Reduces burnout by pacing changes according to personal capacity.

02 Prevents logistical failures by checking location accessibility in advance.

03	Protects support networks by validating their ability to assist with tasks.
04	Provides a structured roadmap for complex life shifts.

Real-World Applications

Relocation Management

Plan a move that accounts for physical fatigue and ensures the new home is accessible.

Career Changes

Assess if your current social or professional network can support a new job transition.

Routine Adjustments

Introduce new daily habits in phases to avoid overwhelming your existing schedule.

Accessibility Auditing

Verify that new workspaces or community centers meet your specific physical requirements.

Patterns to Avoid

Ignoring physical constraints

AVOID

You try to schedule a massive move and a new job in the same week without checking if you have the energy.

✓ INSTEAD

Use `calculate_transition_pacing` to set realistic durations between different phases of your change.

Overextending your support network

AVOID

You plan a complex relocation and assume your friends can help with every single heavy lift and errand.

✓ INSTEAD

Run `validate_support_capacity` first to ensure your network can actually handle the workload.

Assuming locations are ready

AVOID

You book a new workspace or community center without confirming it fits your specific physical needs.

✓ INSTEAD

Use `check_location_accessibility` to verify that specific environments meet your access dependencies.

The Right Fit

Connect this MCP if you are managing a major life shift that involves physical or logistical limitations. Do not connect it if you are just looking for a standard, simple to-do list. The decision depends on whether you need to treat your energy and environment as hard constraints.

Accessible Routine Planner Tools for Managed Life Transitions

These tools handle the math and logic behind pacing changes, checking support capacity, and verifying physical accessibility.

#	TOOL	DESCRIPTION
01	`calculate_transition_pacing`	This tool determines the best speed for your changes. It sets the duration between different phases based on your specific priorities.
02	`validate_support_capacity`	This tool checks your support network. It makes sure the people or services you rely on can actually handle the tasks required for the transition.
03	`check_location_accessibility`	This tool verifies physical environments. It checks if specific locations can support your required access dependencies.
04	`generate_routine_transition`	This tool builds your master plan. It creates a phased schedule based on the life changes and constraints you provide.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I am moving to a new house next month and need a plan that minimizes physical fatigue.

I've built a phased plan. The first phase focuses on preparation and gathering equipment, using a slower pace to keep your fatigue levels low.

U Will my current support network be able to help me with my new job transition?

Your current support network is sufficient to cover the primary tasks identified for this transition.

U Is the new office accessible for someone using a wheelchair?

The location is accessible because the provided equipment meets your specific access dependencies.

Frequently Asked Questions

01 **What does this MCP actually do?**

It creates structured plans for life transitions while accounting for accessibility, support networks, and pacing.

02 **How does it handle accessibility?**

It uses a specific tool to check if locations can support your required access dependencies.

03 **Can I use this with Claude?**

Yes, you can connect this MCP to any compatible client like Claude, Cursor, or Windsurf.

04 **Does it help prevent burnout?**

Yes, it calculates transition pacing to ensure you don't take on too much change too quickly.

05 **How does it check my support network?**

It uses a validation tool to see if your available help is enough to cover the tasks in your plan.

06 **How does the tool handle accessibility needs?**

The `check_location_accessibility` tool specifically verifies if your chosen locations can support your specific access dependencies using your available equipment.

07 **Can I adjust how fast my routine changes?**

Yes, you can use `calculate_transition_pacing` to determine the optimal duration between phases based on your specific priorities, such as minimizing fatigue.

08 **How do I know if my support network is enough?**

You can use `validate_support_capacity` to check if your available people and services are sufficient to handle the tasks identified in your transition plan.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"accessible-routine-planner": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Accessible Routine Planner is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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Platform	Vinkius Cloud for AI Agents
Endpoint	`https://edge.vinkius.com/{token}/mcp`

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