

MCP SERVER

NO CODE

CLOUD HOSTED

Active Minutes Calculator MCP

Turn physical activity into precise metabolic health data.

Active Minutes Calculator MCP connects your AI client to a metabolic activity engine. It uses MET-based classification to turn any movement into specific active minutes, providing a clear breakdown of moderate and vigorous intensity. Your agent can track weekly progress and adjust intensity thresholds based on your metabolic profile.

A+

Quality Score 100/100

met

fitness

health-tracking

metabolic

activity-calculator



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.

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.

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.

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

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

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.

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.

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.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot 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.

FinOps

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

Firewall & DLP

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

Agent Activity

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

Tool Health

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

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.

Active Minutes Calculator MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing how much your workouts actually count toward your health goals. This MCP gives your AI client a direct line to a metabolic activity engine that uses MET-based classification to quantify movement. Instead of just logging

Core Capabilities

01 — MET-based conversion

Your agent converts raw activity data into standardized metabolic active minutes.

02 — Intensity classification

The MCP breaks down movement into moderate and vigorous intensity levels.

03 — Goal tracking

Your agent monitors how much of your weekly health guidelines you have completed.

04 — Age-adjusted thresholds

The engine uses your metabolic profile to adjust how intensity is calculated.

05 — Activity validation

Your agent checks the catalog to ensure activity names are valid before processing.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/active-minutes-calculator — connect your AI agent in three steps.

- 01

Connect the MCP to your client like Claude or Cursor via Vinkius.
- 02

Your agent searches the activity catalog to validate the movement type.
- 03

The agent pulls your metabolic profile to set the correct intensity context.
- 04

The engine calculates the calories and active minutes for the session.
- 05

Your agent updates your weekly progress totals.

Connecting this MCP to your AI client enables direct metabolic calculations.

Built For

This MCP is built for anyone managing health data through an AI agent rather than manual spreadsheets.

Health Coaches

They hand off client activity logs to the AI to generate metabolic reports.

Fitness Data Analysts

They use the engine to convert raw movement data into standardized health metrics.

Personal Trainers

They use the tool to track client progress against weekly intensity guidelines.

What Changes When You Connect

- 01

Converts raw movement into standardized metabolic minutes.
- 02

Adjusts intensity calculations based on user age and metabolic profiles.

03 Tracks progress against specific weekly health guidelines.

04 Validates activity types through a built-in catalog.

Real-World Applications

Automated Workout Logging

Your agent takes a text description of a workout and calculates the metabolic impact immediately.

Metabolic Profiling

The agent uses your age to ensure the intensity of your activities is measured accurately.

Weekly Goal Monitoring

The AI checks your total accumulated minutes to see if you have hit your weekly targets.

Activity Verification

Your agent queries the catalog to make sure a specific exercise is recognized by the engine.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_activity_impact	This tool calculates how a specific activity session affects your health metrics. It determines the exact impact of a single workout on your metabolic data.
02	get_user_metabolic_profile	This tool provides your agent with the necessary context for your age group. It ensures activity intensity is interpreted correctly for your specific metabolic profile.
03	get_weekly_progress	This tool checks your accumulated activity against weekly health guidelines. It tells your agent how much of your goal you have already met.
04	search_activity_catalog	This tool lets your agent look up valid activity types. It ensures the inputs you provide to other tools are accurate and recognized by the engine.

See It in Action

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

U I just did 30 minutes of running. How many calories did I burn and what is my active minute impact?



For 30 minutes of running at your weight, you burned 300 calories and earned 45 active minutes.

U What activities are available in the catalog for strength training?



Available strength training activities include weightlifting, resistance bands, and bodyweight exercises.

U How much progress have I made this week if I have 150 moderate minutes and 60 vigorous minutes?



You have reached 85% of your weekly health goal.

Frequently Asked Questions

01 How does this MCP calculate active minutes?

It uses MET-based classification to convert physical activities into specific counts of moderate and vigorous active minutes.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client including Claude, Cursor, and Windsurf.

03 Does the intensity calculation change based on my age?

Yes, the tool uses a metabolic profile to adjust intensity thresholds based on your age group.

04 How do I know if an activity is supported?

Your agent can use the search activity catalog tool to find valid activity types supported by the engine.

05 Can it track my weekly health goals?

Yes, the tool can check how much of your weekly health guideline has been met based on your accumulated activity.

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 <code>"active-minutes-calculator": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → 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

Active Minutes Calculator 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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DOCUMENT INFORMATION

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

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