

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Basal Body Temperature Tracker MCP.

Turn temperature readings into clear fertility insights.

Basal Body Temperature Tracker MCP connects your AI client to your BBT data. It identifies thermal shifts to help you determine your current cycle phase, pinpoint ovulation, and predict fertile windows. Instead of manually calculating shifts, your agent handles the math and provides clear summaries of your cycle length and phase durations.

A+ Quality Score 100/100

fertility

health

bbt

ovulation

menstrual-cycle



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.

Basal Body Temperature Tracker MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to turn raw temperature logs into actionable fertility data. By feeding your daily basal body temperature readings into your AI client, you can identify the subtle thermal shifts that signal hormonal changes. This tool handles the heavy lifting of analyzing temperature patterns to tell you exactly where you are in your cycle. It identifies whether you are in the follicular or luteal phase and can pinpoint the specific day ovulation likely occurred. If you are trying to track your fertile window, your agent can use these patterns to predict upcoming fertile days. It also provides high-level summaries of your cycle length and how long each phase lasts, giving you a clear view of your reproductive health without manual spreadsheets.

Core Capabilities

01 — Phase Identification

Your agent uses temperature shifts to tell you if you are in the follicular or luteal phase.

02 — Ovulation Detection

The tool identifies the specific day ovulation occurred by analyzing thermal changes.

03 — Fertility Prediction

Your agent predicts upcoming fertile days based on your historical temperature patterns.

04 — Cycle Summarization

This tool calculates your total cycle length and the length of individual phases.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/basal-body-temperature-tracker — connect your AI agent in three steps.

- 01

Connect the MCP to your preferred AI client via Vinkius.
- 02

Provide your daily basal body temperature readings to your agent.
- 03

Ask your agent to analyze the data for specific cycle insights.
- 04

Receive immediate answers about your phase, ovulation, or fertile window.

Connecting this MCP to your AI client allows you to process temperature data instantly.

Built For

This MCP is built for anyone tracking their reproductive health through temperature monitoring.

Fertility Trackers

People using BBT to monitor ovulation and fertile windows.

Health Data Enthusiasts

Users who want to feed their biometric data into an AI client for analysis.

What Changes When You Connect

- 01

Eliminates manual math for cycle phase calculations.
- 02

Identifies ovulation days through automated thermal shift detection.
- 03

Provides clear summaries of cycle length and phase durations.

- 04 Turns raw temperature logs into predictive fertile window estimates.
-

Real-World Applications

Ovulation Tracking

You provide your daily temperatures and your agent tells you when you likely ovulated.

Cycle Monitoring

Your agent uses recent data to confirm which phase of your cycle you are currently in.

Fertility Planning

You use the predicted fertile window to plan for conception.

Health Summaries

You get a full breakdown of your cycle metrics like length and phase duration.

Patterns to Avoid

Manual Data Entry Errors

❌ AVOID

You try to manually calculate your luteal phase length using a calculator and a spreadsheet. This leads to math errors and inconsistent cycle tracking.

✓ INSTEAD

Let the MCP handle the math. Use ``calculate_cycle_metrics`` to get accurate summaries of your total cycle length and phase durations automatically.

Guessing Ovulation Days

❌ AVOID

You look at a calendar and guess when you ovulated based on general averages. This ignores your actual physiological shifts.

✓ INSTEAD

Use ``detect_ovulation_event`` to pinpoint the specific day ovulation likely occurred by analyzing your actual temperature shifts.

Reactive Fertility Planning

❌ AVOID

You wait until you feel symptoms to start planning for conception. This makes it hard to time things correctly.

✓ INSTEAD

Be proactive by using ``estimate_fertile_window`` to predict upcoming fertile days based on your historical patterns.

The Right Fit

Connect this MCP if you already track daily basal body temperature and want an AI client to interpret those numbers for you. Do not connect it if you do not have consistent temperature logs, as the tools require thermal data to function.

Basal Body Temperature Tracker: 4 Specialized Tools

These tools convert raw thermal readings into specific cycle phase data and fertility predictions.

#	TOOL	DESCRIPTION
01	analyze_cycle_phase	This tool determines your current menstrual cycle phase by looking at your recent temperature data.
02	calculate_cycle_metrics	Use this to get a high-level summary of your total cycle length and the duration of each phase.
03	detect_ovulation_event	This tool pinpoints the specific day ovulation likely happened based on your temperature shifts.
04	estimate_fertile_window	Your agent uses this to predict the days you are most likely to be fertile.

See It in Action

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

U Based on these readings: [{'temperature': 36.2, 'cycle_day': 1}, {'temperature': 36.1, 'cycle_day': 2}, {'temperature': 36.5, 'cycle_day': 3}], what phase am I in?



You are currently in the follicular phase.

U When was my ovulation based on these readings: [{'temperature': 36.2, 'cycle_day': 1}, {'temperature': 36.2, 'cycle_day': 2}, {'temperature': 36.6, 'cycle_day': 3}, {'temperature': 36.7, 'cycle_day': 4}, {'temperature': 36.7, 'cycle_day': 5}]?



Ovulation likely occurred on cycle day 2.

U Can you estimate my fertile window using these readings: [{'temperature': 36.1, 'cycle_day': 1}, {'temperature': 36.1, 'cycle_day': 2}, {'temperature': 36.5, 'cycle_day': 3}]?



Your fertile window is estimated to be between cycle day 1 and cycle day 3.

Frequently Asked Questions

01 How does this MCP track ovulation?

It analyzes thermal shifts in your basal body temperature readings to pinpoint the day ovulation likely occurred.

02 What data do I need to provide?

You need to provide your temperature readings and the corresponding cycle day for the analysis to work.

03 Can I use this with Claude or Cursor?

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

04 Does this predict my fertile window?

Yes, the tool uses your temperature patterns to estimate the days you are most likely to be fertile.

05 What is a cycle metric?

Cycle metrics include your total cycle length and the specific duration of your follicular and luteal phases.

06 How do I use this tool?

Provide your BBT readings as an array of temperature and cycle day objects. The tools will then process this data to provide insights like ovulation detection or phase analysis.

07 What is a thermal shift?

A thermal shift is a sustained rise in basal body temperature that indicates ovulation has occurred, which ``detect_ovulation_event`` identifies.

08 Can I get a summary of my cycle?

Yes, you can use ``calculate_cycle_metrics`` to get an estimate of your total cycle length and the duration of your follicular and luteal phases.

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>"basal-body-temperature-tracker": { "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

Basal Body Temperature Tracker 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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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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