

MCP SERVER

NO CODE

CLOUD HOSTED

Brain Training Progress Tracker MCP

Turn raw cognitive data into actionable training adjustments.

Brain Training Progress Tracker MCP acts as a specialized analytics engine for your mental exercises. It helps you distinguish between actual cognitive growth and simple task familiarity. By connecting this to your AI client, you can monitor specific skill trends, identify when you've hit a plateau, and get direct advice on how to adjust your training difficulty.

A+ Quality Score 100/100

cognitive

brain-training

analytics

performance

mental-health



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.

Brain Training Progress Tracker MCP

4 tools available

Cloud-hosted on Vinkius

You shouldn't have to guess if your brain training is actually working. Most people mistake getting better at a specific game for actual cognitive improvement, but this MCP helps you tell the difference. It uses specialized logic to separate genuine skill gains from the simple familiarity that comes from repeating the same tasks.

You can use your AI client to dig into your data and see exactly how your memory, attention, or processing speed is moving over time. If you feel like you've stopped making progress, the MCP can pinpoint exactly where you've hit a plateau. Instead of just staring at charts, you get specific guidance on what to do next, like when to increase difficulty or change your training frequency to keep seeing results. It turns your raw performance logs into a clear roadmap for mental optimization.

Core Capabilities

01 — Skill Trend Analysis

Your agent uses this to track how specific mental skills evolve over weeks or months.

02 — Plateau Detection

The AI identifies when your training intensity no longer produces meaningful gains.

03 — Familiarity Filtering

Your agent distinguishes between true cognitive improvement and simple task repetition effects.

04 — Training Optimization

The AI generates specific advice to adjust difficulty or frequency based on your data.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/brain-training-progress-tracker — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.
- 02 Provide your cognitive performance data to your AI agent.
- 03 Ask the agent to analyze trends or check for plateaus.
- 04 Receive specific training recommendations to optimize your next session.

Connect the MCP to your AI client and start analyzing your performance data immediately.

Built For

This is for anyone serious about quantifying their mental performance and optimizing their cognitive training routines.

Cognitive Trainers

They hand off raw performance data to the AI to generate client progress reports.

Self-Optimizers

They use the AI to monitor their own mental exercises and adjust difficulty levels.

Data Analysts

They use the tool to extract meaningful trends from large sets of cognitive testing logs.

What Changes When You Connect

- 01 Distinguish between actual skill growth and simple task familiarity.
- 02 Identify exactly when a training routine stops being effective.

-
- 03** Receive specific adjustments for difficulty and frequency based on real data.
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- 04** Monitor long term trends for specific cognitive domains.
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Real-World Applications

Verifying Progress

Check if your recent improvements are real cognitive gains or just you getting used to the interface.

Long-term Tracking

Monitor how your attention or memory skills change over several months of consistent training.

Breaking Through Plateaus

Find out when to increase difficulty because your current exercises are no longer challenging you.

Routine Adjustment

Get advice on whether to train more often or change your focus based on your current momentum.

4 Tools Available

#	TOOL	DESCRIPTION
01	analyze_practice_effect	This tool separates real cognitive growth from the temporary boost you get just from getting used to a specific task.
02	detect_performance_plateaus	Use this to find out if your progress in a specific skill has actually stalled.
03	get_skill_progress	This tool pulls the performance trends for a specific cognitive skill over a set timeframe.
04	get_training_recommendations	Get personalized advice on how to adjust your exercises based on your current progress and plateau status.

See It in Action

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

U How has my memory performance changed over the last month?



Your memory skill shows a positive improvement trend, with average accuracy increasing from 75% to 82% over the last 30 days.

U I feel like I'm not improving in my attention exercises. Am I stuck?



A plateau has been detected in your Attention skill. It is recommended to increase your current difficulty level to provide more stimulus.

U What is the best way to improve my processing speed right now?



Based on your rapid progress, you should increase your training frequency to maintain momentum.

Frequently Asked Questions

01 How does this MCP differ from standard progress charts?

Standard charts only show raw scores. This MCP uses the `analyze_practice_effect` tool to tell if you are actually improving or just getting used to the task.

02 Can I use this with Claude or Cursor?

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

03 What happens when the tool detects a plateau?

The AI will notify you that your gains have stalled and will suggest adjustments, such as increasing the difficulty level.

04 Do I need to host this myself?

No. Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

05 Can I get advice on specific skills like memory?

Yes. You can ask your agent for progress updates or training advice for specific domains like memory, attention, or processing speed.

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>"brain-training-progress-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

Brain Training Progress 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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