

MCP SERVER

NO CODE

CLOUD HOSTED

Daily Water Intake Calculator MCP

Get precise hydration targets based on your biology and environment.

Daily Water Intake Calculator provides specific hydration guidance by calculating your water needs through physiological and environmental factors. Your AI client uses this MCP to factor in your body weight, activity levels, and local climate to suggest a total daily volume. It also builds structured drinking schedules so you can stay hydrated without disrupting your sleep.

A+ Quality Score 100/100

hydration

health

water

wellness

fitness



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.

Daily Water Intake Calculator MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing how much water you actually need to drink. This MCP calculates your specific hydration requirements by looking at your weight, how much you move, and even the weather where you live. Instead of following generic advice, your AI client uses your real data to provide a target volume that makes sense for your body.

If you're managing a busy schedule, you can have your agent build a timed drinking plan. This helps you spread your intake throughout the day so you aren't chugging water right before bed. The tool also accounts for specific biological needs, such as adjustments for pregnancy or breastfeeding, ensuring the math stays accurate for your specific situation. You just provide the context, and your AI client handles the math and the scheduling.

Core Capabilities

01 — Personalized Volume Calculation

Your agent calculates total water needs using weight and activity levels.

02 — Environmental Adjustments

The AI adjusts your targets based on the heat or humidity of your climate.

03 — Timed Hydration Plans

Your client builds a step by step schedule to distribute water intake.

04 — Biological Context

The tool modifies requirements for pregnancy or breastfeeding needs.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/daily-water-intake-calculator — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.
- 02 Provide your weight, activity level, and climate to your AI agent.
- 03 The agent uses the MCP tools to run the math.
- 04 Receive your total daily volume or a timed drinking schedule.

Connecting this MCP to your AI client allows you to turn personal health data into actionable hydration plans.

Built For

This is for anyone looking to manage their hydration through an AI-driven interface. It works well for people who want data-backed health targets rather than generic estimates.

Fitness Enthusiasts

They hand off their weight and activity data to get precise hydration targets.

Health Conscious Users

They use the tool to manage biological needs like pregnancy or breastfeeding.

Routine Builders

They use the scheduling tool to automate their daily wellness habits.

What Changes When You Connect

- 01 Calculations factor in local climate and weather conditions.
- 02 Schedules prevent sleep disruption by timing intake around your sleep window.

- 03

Adjustments account for specific biological states like breastfeeding.
- 04

Activity multipliers ensure you drink enough during high exertion.

Real-World Applications

Hot Climate Hydration

You tell your agent you live in a hot area to get an increased water target.

Daily Routine Planning

You give your wake and sleep times to receive a structured drinking schedule.

Post-Workout Recovery

You provide your activity level to calculate the extra fluid needed after exercise.

Pregnancy Support

You include your pregnancy status to get a biologically accurate hydration recommendation.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_climate_adjustment	This tool finds the specific volume adjustment needed for your local weather conditions.
02	calculate_daily_intake	This tool calculates your total recommended daily water volume based on your unique physical profile.
03	get_activity_factor	This tool retrieves the specific multiplier or extra volume required to account for your physical activity.
04	get_hydration_schedule	This tool generates a structured timeline for when you should drink water throughout your day.

See It in Action

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

U How much water should I drink daily? I weigh 70kg, I am moderately active, and live in a hot climate.



Based on your weight of 70kg, moderate activity, and hot climate, your recommended daily water intake is 3200ml.

U Create a drinking schedule for 2500ml of water. I wake up at 07:00 and sleep at 23:00.



Here is your hydration schedule: 07:00 - 300ml, 09:00 - 400ml, 11:00 - 400ml, 13:00 - 400ml, 15:00 - 400ml, 17:00 - 300ml, 19:00 - 300ml.

U I am 60kg and breastfeeding. What is my daily water requirement in a temperate climate?



Your recommended daily water intake is 2850ml, accounting for your weight, breastfeeding status, and temperate climate.

Frequently Asked Questions

01 How does this MCP calculate my water needs?

It uses your weight, physical activity levels, and local climate to determine a specific volume recommendation.

02 Can I get a schedule for my water intake?

Yes. You can provide your wake and sleep times, and the MCP will generate a structured schedule to distribute your water intake.

03 Does it account for pregnancy or breastfeeding?

Yes. The tool includes specific adjustments to support the unique biological needs of pregnancy and breastfeeding.

04 How does weather affect my hydration target?

The MCP uses climate adjustment tools to increase or decrease your water requirements based on environmental conditions.

05 Which AI clients can use this MCP?

You can use this with any MCP-compatible client, including Claude, Cursor, Windsurf, and VS Code.

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>"daily-water-intake-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

Daily Water Intake 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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MCP Server	Daily Water Intake Calculator MCP
Server ID	01a0b4b7-e409-722a-bec9-4454c81bd6bc
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

LICENSE & USAGE

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