MCP SERVER | NO CODE | CLOUD HOSTED

Fasting Streak Accumulator MCP for AI Agents

Tracking Intermittent Fasting Compliance and Success Streaks

Fasting Streak Accumulator tracks your intermittent fasting progress. It validates individual fast logs against your goals, calculates current consecutive success streaks, and provides a detailed breakdown of where you fell short on time.

A+ Quality Score 100/100

fasting | intermittent-fasting | health-tracking | compliance | streak-tracker

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vinkius.com/mcp/fasting-streak-accumulator

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.

Fasting Streak Accumulator MCP

3 tools available
Cloud-hosted on Vinkius

Managing an IF schedule requires precise logging and tracking, which can get messy fast. This MCP lets your AI agent evaluate complex fasting records quickly. Instead of manually cross-referencing dates and durations to see if you hit your target, the system processes everything automatically. You feed it a list of fasts, specify your goal duration, and it handles the rest. It checks every entry against the required time and tells you exactly where the deficits are in minutes. Beyond single entries, it analyzes entire datasets to calculate your current streak length and overall compliance percentage. If you're using specialized AI agents for health coaching or personal wellness tracking, this MCP is built specifically for that workload. Connecting through Vinkius gives you access to this power without needing custom API integrations.

Core Capabilities

01 — Check Single Fast Entry Against Goal

Validates a single fasting event against the target duration and calculates any time shortfall in minutes.

02 — Calculate Overall Compliance Streaks

The MCP analyzes entire fasting logs to determine your current consecutive success streak and total compliance percentage.

03 — Generate Deficit Reports of Failed Attempts

It compiles a detailed report listing every failed fast attempt, showing the exact minutes missed for each instance.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/fasting-streak-accumulator** — connect your AI agent in three steps.

01 You give your AI agent a list of fasting logs and specify the target duration (e.g., 16 hours).

02 The MCP processes these entries, first checking each fast individually for goal compliance and then analyzing them as a group to track streaks.

03 Your agent receives a summary report detailing compliance percentages, your current streak, and any missed time deficits.

The bottom line is that you get an automated audit of your fasting history, telling you exactly how well you stuck to the plan.

Built For

Nutrition coaches and health professionals who manage client compliance logs. If you spend time manually checking if a patient hit their fast goals or calculating streak data, this MCP saves hours of tedious spreadsheet work.

Wellness Coach

Uses this tool to audit client fasting records and pinpoint specific days where compliance dipped below the required goal.

Nutritionist

Runs bulk analyses of client logs to calculate overall adherence percentages, providing objective data for patient review.

Biohacker/Health Enthusiast

Checks their own personal fast entries against target goals to maintain accurate streak tracking and compliance records.

What Changes When You Connect

01 Stop guessing about compliance. You'll get immediate feedback on single fasts using the `check_fast_entry` tool, showing exactly how many minutes you missed.

02 Instantly track your commitment level by running a full analysis with `calculate_compliance_summary`. This gives you both streak length and overall adherence percentage.

03 Avoid manual spreadsheet audits. The MCP handles massive log sets, summarizing deficits and failure points automatically so you can focus on coaching, not math.

04 The detailed report from `summarize_log_deficits` cuts through the noise, highlighting only the failed attempts and specifying the exact time shortfall for each one.

05 Your AI agent runs complex compliance checks in seconds. Instead of spending an hour compiling data, you get a clear, actionable summary right away.

Real-World Applications

A client's logs look inconsistent

A wellness coach uploads two weeks of client fast entries and asks their agent to check compliance. The MCP uses `calculate_compliance_summary` and immediately flags a broken streak, showing the precise date and reason for the gap.

Need to verify one specific day's fast

A user wants to know if their 14-hour fast was enough when their goal is 16 hours. They use `check_fast_entry`, and the MCP confirms they were 2 hours short, giving them instant feedback.

Reviewing a month of poor adherence

A nutritionist needs to assess all missed goals for a patient. The agent runs `summarize_log_deficits` and gets a report showing 12 specific failures, each with the minutes missed.

Patterns to Avoid

Using generic logging tools

✗ AVOID

Trying to calculate streaks by just summing up durations in a standard spreadsheet. This fails when you need to count consecutive days or handle varying target goals.

✓ INSTEAD

Use the MCP's `calculate_compliance_summary`. It specifically tracks consecutive success streaks and calculates compliance percentages across variable timeframes.

Manual deficit tracking

✗ AVOID

Manually going through dozens of fast logs to calculate total missed minutes. This is slow, prone to calculation errors, and doesn't categorize *why* the attempt failed.

✓ INSTEAD

Run `summarize_log_deficits`. It generates a clean report identifying every failure point and quantifying the exact time deficit in one go.

Ignoring individual entries

✗ AVOID

Only looking at total compliance without knowing which specific fast broke the chain. You might think you're doing okay, but one day was off.

✓ INSTEAD

Always run `check_fast_entry` on any questionable log. It gives a definitive pass/fail status and pinpoints the exact time shortfall.

The Right Fit

Use this MCP if your process involves auditing structured, date-based compliance logs against specific duration targets. If you need to know *if* the streak is intact or *how far off* a fast was, this is your tool. Don't use it if you just want general health tips; for that, an informational article works fine. However, don't rely on it for medical diagnosis—it only handles data validation and compliance tracking. If your need is to manage complex patient records or billing, you'll need a different type of MCP entirely.

Fasting Streak Accumulator: Tracking Intermittent Fasting Compliance

Right now, if you're coaching clients on intermittent fasting, your day looks like copy-pasting. You open the log sheet, manually compare start times to end times against their 16-hour goal, and then you have to build complex formulas just to count consecutive days or total deficit minutes. It takes hours of tedious data wrangling before you can even give feedback.

With this MCP, your agent handles all that work. You feed it the raw logs, and the system instantly validates every single entry. You get a clear summary telling you not only if they hit their goal but also precisely how far short they were when they missed it.

Fasting Streak Accumulator: Calculating Fasting Success Streaks

The biggest time sink is compiling the big picture view. You can't just look at one day; you need to know if the whole month was compliant and what the current streak length is. Checking that requires aggregating data across multiple weeks, which means endless pivot tables.

Now, your agent runs a single command to calculate this summary. It gives you an immediate, verifiable compliance percentage and the client's current consecutive success streak, letting you coach with confidence.

Fasting Streak Accumulator: 3 Tools for Fasting Compliance Analysis

Use these tools to audit fasts, calculate overall streak metrics, and report detailed deficits from your fasting logs.

#	TOOL	DESCRIPTION
01	`summarize_log_deficits`	Creates a report detailing all the fasting attempts that did not meet their required duration.
02	`calculate_compliance_summary`	Analyzes a set of fasting logs to provide both your current consecutive streak and overall compliance percentage.
03	`check_fast_entry`	Validates one specific fast entry against the target goal duration, reporting any time deficit in minutes.

See It in Action

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

U Check my compliance for these logs: [{date: '2023-10-01', startTime: '22:00', endTime: '08:00'}, {date: '2023-10-02', startTime: '20:00', endTime: '06:00'}] with a 12 hour target.

✅ **Compliance Audit Results**

- **Current Streak:** 2 days
- **Total Compliance:** 100%

Looks great! You maintained the required duration for both entries. Keep up the consistency.

U I fasted from 10:00 PM yesterday to 8:00 AM today. My target is 12 hours. Was I successful?

Fast Validation Check

- **Reported Duration:** 10 hours
- **Target Goal:** 12 hours
- **Result:** Failed
- **Deficit:** You were 2 hours short of your goal. Try adjusting the end time slightly tomorrow!

U Show me a report of all my failed fasts from this week's logs.

Weekly Deficit Report

Found 2 attempts that missed their minimum duration:

- 📅 **Oct 5:** Missed 45 minutes.
- 📅 **Oct 7:** Missed a significant 120 minutes.

Frequently Asked Questions

01 **How does the Fasting Streak Accumulator calculate my current compliance streak?**

It accurately tracks consecutive success days by analyzing your logs. It tells you exactly how many days you've hit your target, which is crucial for tracking commitment.

02 **What kind of data does the Fasting Streak Accumulator need to run a compliance summary?**

It needs a structured list of logs, including the date, start time, and end time for each fast. The system then uses this raw data to generate your full report.

03 **Can I use Fasting Streak Accumulator to check just one fast day?**

Yes. If you only want confirmation on a single entry, the tool checks that specific fast against your goal and pinpoints any time deficits in minutes instantly.

04 **Does this MCP help me find all my mistakes when logging fasts?**

Absolutely. It generates a detailed report listing every failed attempt from your logs, so you know exactly which days need adjustment and how much time was missed each time.

05 **Is Fasting Streak Accumulator only for 16-hour targets?**

No. You set the target duration yourself when running a check or summary. It works with any goal you define, whether it's 12 hours or 20 hours.

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 `"fasting-streak-accumulator": { "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

Fasting Streak Accumulator 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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