

MCP SERVER

NO CODE

CLOUD HOSTED

Habit Completion Rate MCP

Turn your habit data into actionable discipline metrics.

Habit Completion Rate MCP gives your AI client the ability to monitor your discipline and consistency. It calculates success percentages, tracks your current and historical streaks, analyzes performance trends over time, and checks your planned routines for logical errors.

A+ Quality Score 100/100

habits

tracking

discipline

metrics

consistency



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.

Habit Completion Rate MCP

4 tools available

Cloud-hosted on Vinkius

You can now give your AI agent a direct window into your habit tracking data. Instead of manually calculating how well you are sticking to your goals, you can ask your AI client to handle the math. This MCP lets you see exactly where your discipline is slipping or where you are building real momentum. You can check your success rates for specific timeframes, see if your consistency is improving or declining, and verify that your planned schedules actually make sense. It turns raw habit logs into a clear picture of your behavior, allowing your agent to provide much more useful feedback on your progress.

Core Capabilities

01 — Success Rate Calculation

Your agent uses this to tell you exactly what percentage of your goals you are meeting.

02 — Streak Monitoring

Your AI client tracks how many days in a row you have stayed disciplined.

03 — Trend Analysis

Your agent compares different time segments to show if your performance is shifting.

04 — Schedule Validation

Your AI client checks your planned routines to ensure they are logically sound.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/habit-completion-rate — connect your AI agent in three steps.

- 01 Subscribe to the MCP on Vinkius.
- 02 Connect your preferred client like Claude or Cursor with one click.
- 03 Ask your agent questions about your habits or streaks.
- 04 The agent uses the MCP tools to pull and process your data instantly.

Get your habit data into your AI workflow in minutes.

Built For

This is for anyone using an AI agent to manage personal growth and behavioral data.

Self-improvement enthusiasts

People who want their AI to act as a data-driven accountability partner.

Data-driven planners

Users who need to verify that their habit schedules are realistic and error-free.

Productivity researchers

Individuals analyzing their own behavioral trends over long periods.

What Changes When You Connect

-
- 01 Eliminates manual math for habit success percentages.
 - 02 Identifies shifts in discipline through trend comparisons.
 - 03 Prevents scheduling errors with automated routine validation.
 - 04 Provides instant visibility into current and historical streaks.
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Real-World Applications

Weekly Review

Ask your agent to summarize your completion rates for the past seven days to see how you performed.

Streak Motivation

Check your current streak to see how close you are to hitting a new personal record.

Routine Planning

Have your agent validate a new workout or meditation schedule before you commit to it.

Long-term Analysis

Compare this month's consistency against last month to see if your discipline is improving.

Patterns to Avoid

Guessing your own progress

❌ AVOID

You tell your agent, 'I think I've been pretty consistent with my gym habit lately.'

✓ INSTEAD

Ask for hard numbers instead. Use `get_habit_completion_rate` to see your actual percentage of finished tasks.

Setting impossible schedules

❌ AVOID

You plan to meditate five times a day and expect your agent to just agree with the plan.

✓ INSTEAD

Run your plan through `validate_habit_schedule` first. It catches logical errors before you commit to a routine that's bound to fail.

Ignoring long-term patterns

❌ AVOID

You focus only on today's success and ignore the fact that your discipline is dropping over the week.

✓ INSTEAD

Use `get_habit_consistency_trend` to compare different time segments and see if your performance is actually improving.

The Right Fit

Connect this MCP if you want your AI agent to act as a data-driven accountability partner for your personal growth. Do not connect it if you only want to log tasks without analyzing the underlying patterns. The decision depends on whether you want raw logs or actionable behavioral insights.



Habit Completion Rate MCP: 4 Essential Tools

These tools give your agent direct access to your habit logs to calculate success rates, track streaks, and audit your schedules.

#	TOOL	DESCRIPTION
01	get_habit_completion_rate	This tool calculates the percentage of habits you actually finished compared to what you planned to do.
02	get_habit_consistency_trend	Use this to compare your completion rates across different time periods to see if you are getting more or less consistent.
03	get_habit_streak_info	This tool retrieves your current consecutive success streak and your all-time longest streak for any habit.
04	validate_habit_schedule	This tool checks your planned habit routines to find any logical errors or scheduling conflicts.

See It in Action

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

U What is my completion rate for habit 'water-intake' from 2024-01-01 to 2024-01-07?



Your completion rate for water-intake is 85.7% (6 out of 7 planned days).

U What is my current streak for 'daily-meditation'?



Your current streak for daily-meditation is 12 days.

U Is my habit schedule for 'gym' between 2024-05-01 and 2024-05-05 valid?



Yes, your schedule for gym is valid.

Frequently Asked Questions

01 Which AI clients can use this MCP?

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

02 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you, so it is ready to use immediately after you connect.

03 Can the AI check if my schedule is realistic?

Yes, the `validate_habit_schedule` tool allows your agent to check for logical inconsistencies in your planned routines.

04 How does it calculate my success rate?

The `get_habit_completion_rate` tool compares the number of successful completions against your total planned commitments.

05 Can I see my longest streak?

Yes, the `get_habit_streak_info` tool provides both your current consecutive streak and your longest historical streak.

06 How is the completion rate calculated?

The rate is the number of completed days divided by the number of planned days for the selected period.

07 Can I check my current streak?

Yes, you can use ``get_habit_streak_info`` to see your current consecutive success streak and your historical record.

08 How do I know if my habit schedule is valid?

You can use ``validate_habit_schedule`` to check for logical errors or impossible frequencies in your planned routine.

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>"habit-completion-rate": { "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

Habit Completion Rate 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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Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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