MCP SERVER | NO CODE | CLOUD HOSTED

Journal Entry Counter MCP

Get clear insights into your writing habits and consistency.

Journal Entry Counter MCP lets your AI client analyze your writing history. It tracks how often you write, identifies your most active days, and calculates your engagement levels over specific timeframes. Instead of manually counting entries, you can ask your agent to pull frequency data and distribution patterns instantly.

A+ Quality Score 100/100

journaling | habit-tracking | temporal-analysis | productivity | writing

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vinkius.com/en/ai-agent-connect/journal-entry-counter

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.

Journal Entry Counter MCP

4 tools available
Cloud-hosted on Vinkius

You can finally see the patterns in your writing without digging through old logs. This MCP gives your AI client the ability to act as a data analyst for your personal journal. It looks at your entry history to tell you exactly how much you've been writing and when you're most active.

You can use it to check your consistency over a month or see if you tend to write more on certain days of the week. It also calculates your engagement tier, which helps you understand if your habit is growing or slipping. It's a simple way to turn a collection of text entries into actionable data about your own behavior.

Core Capabilities

01 — Range Counting

Your agent calculates total entries between any two dates you provide.

02 — Daily Audits

The AI checks the exact number of entries for a specific day.

03 — Weekly Pattern Analysis

Your agent groups entries by day of the week to find your most active times.

04 — Engagement Scoring

The AI assigns a frequency tier based on your recent writing habits.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/journal-entry-counter** — connect your AI agent in three steps.

01 Connect the MCP to your client like Claude or Cursor via Vinkius.

02 Ask your agent a question about your journal entry counts or patterns.

03 The agent invokes the necessary tool to scan your entry history.

04 You receive a direct answer with the specific counts or tiers you requested.

You connect the MCP to your client and start asking questions about your data.

Built For

This is for anyone using a digital journal who wants to quantify their habit formation.

Journalers

People tracking personal growth who want to see their writing consistency.

Habit Researchers

Users studying their own behavioral patterns through temporal data.

Productivity Enthusiasts

Individuals who use data to optimize their daily routines.

What Changes When You Connect

01	Eliminates manual counting of journal entries.
02	Identifies specific days of the week when you are most active.
03	Provides a clear engagement tier to track habit strength.
04	Turns raw writing logs into structured temporal data.

Real-World Applications

Monthly Progress Checks

Ask your agent to count entries for the last month to see if you're meeting your goals.

Identifying Weekly Slumps

Use the distribution tool to see if you stop writing on weekends.

Engagement Tracking

Check your frequency tier to see if your habit is becoming more or less consistent.

Specific Date Audits

Verify how much you wrote on a significant date in the past.

Patterns to Avoid

Manual Log Auditing

✗ AVOID

You scroll through months of digital notes trying to count how many times you wrote in July. It takes forever and you'll likely lose track halfway through.

✓ INSTEAD

Let your agent do the math for you. Use `count_entries_in_range` to get the exact total for any specific date range instantly.

Vague Habit Tracking

AVOID

You tell your agent you feel like you've been writing less lately without any proof. You're just guessing based on a feeling.

✓ INSTEAD

Get hard numbers to back up your intuition. Use `get_user_frequency_tier` to see your actual engagement level based on recent activity.

Ignoring Weekly Trends

AVOID

You assume you're a weekend writer but you haven't actually looked at your data to confirm it. You might be missing a pattern.

✓ INSTEAD

Run a distribution check to see where your activity actually sits. Use `get_entry_distribution` to see which days of the week you actually use your journal.

The Right Fit

Connect this MCP if you keep a digital journal and want to quantify your consistency. If you just write sporadically without any interest in behavioral patterns or habit tracking, you don't need this.

Journal Entry Counter 4 Tools

These tools turn your raw journal logs into structured data. Your agent uses them to calculate volume, find weekly patterns, and track habit strength.

#	TOOL	DESCRIPTION
01	`count_entries_in_range`	This tool calculates the total number of entries you've recorded between two specific dates.
02	`get_entries_by_date`	Use this to find out exactly how many entries you wrote on a single calendar day.
03	`get_entry_distribution`	This tool breaks down your entry counts by the day of the week to show your weekly patterns.
04	`get_user_frequency_tier`	This tool determines your engagement level based on how often you've been writing lately.

See It in Action

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

U How many journal entries did I make between 2024-01-01 and 2024-01-31?

You made 15 journal entries between 2024-01-01 and 2024-01-31, with an average of 0.48 entries per day.

U How many entries did I write on 2024-05-20?

You wrote 2 entries on 2024-05-20.

U What is my writing engagement level for the last two weeks?

Your engagement level is High Frequency, as you have been writing consistently over the last 14 days.

Frequently Asked Questions

01 **How do I use this MCP with my AI client?**

You connect to the MCP through the Vinkius catalog. Once connected, you can use it in any MCP-compatible client like Claude, Cursor, or Windsurf.

02 **Can I see which days of the week I write most?**

Yes. You can use the get_entry_distribution tool to see a breakdown of your activity by day of the week.

03 **What is a frequency tier?**

A frequency tier is an engagement level determined by how often you have been writing over a specific period.

04 **Does this MCP work with my existing journal data?**

This MCP is designed to analyze your journal entries by providing tools that your agent uses to query that data.

05 **Can I count entries for a specific date range?**

Yes. The count_entries_in_range tool allows you to find the total number of entries between any two dates.

06 **How can I see my total entries for the month?**

You can use the `count_entries_in_range` tool by providing the start and end dates for the month.

07 **Can I see which days I write most often?**

Yes, use `get_entry_distribution` to get a breakdown of entries by the day of the week.

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 `"journal-entry-counter": { "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

Journal Entry Counter 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 →

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Platform	Vinkius Cloud for AI Agents
Endpoint	`https://edge.vinkius.com/{token}/mcp`

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