

MCP SERVER

NO CODE

CLOUD HOSTED

# Mood & Productivity Correlator MCP for AI Agents

Build a data-driven personal performance blueprint to maximize daily output.

Mood & Productivity Correlator lets you see how your habits actually affect your work. It connects your lifestyle data—like sleep, food, and exercise—to your output levels. Instead of guessing why you're having a slow day, this MCP digs into the numbers to find the patterns between your mood and your performance.

**A+** Quality Score 100/100

mood

productivity

statistics

lifestyle

optimization



# 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

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## 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

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## 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

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## 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](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Mood & Productivity Correlator MCP

3 tools available

Cloud-hosted on Vinkius

Ever feel like you're hitting a wall but can't figure out why? Maybe it's the extra coffee, or maybe you just didn't get enough sunlight. This MCP takes the guesswork out of personal performance by looking at the hard data behind your daily routine. It doesn't just tell you that you're tired; it shows you how specific habits, like a morning workout or a certain meal, actually move the needle on your focus.

You can use it to map out your personal "productivity formula." If you're looking for a way to get more done without burning out, this is how you find the sweet spot. By connecting your logs to the Vinkius marketplace, you give your agent the ability to act as a data-driven life coach. It looks at your history to see what worked yesterday so it can suggest what will work tomorrow. Instead of guessing if you should take a meeting or dive into deep work, your agent can give you a recommendation based on your current energy levels and recent trends. It's about moving from "I think I'm productive" to "I know what makes me productive."

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## Core Capabilities

### 01 — Identify lifestyle triggers

See which habits have the strongest link to your output.

### 02 — Forecast work styles

Get a recommendation on whether to schedule deep work or meetings.

### 03 — Calculate habit impact

Quantify how much a specific activity actually changes your focus.

### 04 — Map peak performance

Find the exact combination of inputs that lead to your best work.

### 05 — Analyze historical trends

Look back at past logs to find recurring patterns in your mood.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/mcp/mood-productivity-correlator](https://vinkius.com/mcp/mood-productivity-correlator) — connect your AI agent in three steps.

- 01 Connect your historical mood and lifestyle logs to the MCP.
- 02 Ask your agent to analyze specific timeframes or habit types.
- 03 Receive a data-backed routine recommendation or a work mode prediction.

The bottom line is you get a personalized blueprint for your most productive days based on your actual history.

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## Built For

This is for high-output professionals who feel like their energy is inconsistent and want to use data to optimize their daily routine.

### Freelance Creative

Uses the tool to identify which morning habits lead to their best creative flow.

### Remote Manager

Analyzes trends to protect deep work blocks from being interrupted by reactive meetings.

### Data-Driven Executive

Quantifies the impact of lifestyle changes on their overall daily output.

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## What Changes When You Connect

- 01 Stop guessing why you're unproductive. Use `calculate_correlations` to see if it's actually your sleep, your diet, or your morning routine that's holding you back.
- 02 Build a custom work schedule. `identify_optimal_routine` shows you the exact lifestyle inputs that lead to your highest performance tiers.

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- 03 Protect your focus time. `predict_work_mode` tells you when you're in the right headspace for deep work so you can avoid wasting energy on low-impact tasks.

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  - 04 Make informed lifestyle changes. Instead of trying every health trend, use the data to see which specific habits actually correlate with your best work.

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  - 05 Predict your capacity. Get a heads-up on whether tomorrow is a good day for heavy lifting or if you should stick to administrative tasks.
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## Real-World Applications

### The Energy Slump

A freelancer feels drained at 2pm. They ask their agent to check recent trends to see if their lunch or a lack of morning movement is causing the dip.

### The Peak Performance Hunt

A developer wants to find their "flow state" triggers. They ask the agent to identify the lifestyle combinations that lead to their highest coding output.

### The Schedule Audit

A manager wants to know if their new "no-meeting Wednesdays" actually helps. They use the tool to see if deep work scores are higher on those days.

### The Burnout Prevention

A creative feels overwhelmed. They ask the agent to predict their work mode for the week to see if they should scale back on meetings.

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## Patterns to Avoid

### Guessing the Why

#### ✗ AVOID

Trying to guess why you're tired and guessing that it's just a lack of motivation.

#### ✓ INSTEAD

Use `calculate_correlations` to see the actual data on your sleep and nutrition.

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## Over-scheduling

### X AVOID

Booking meetings during peak focus periods because they look free on the calendar.

### ✓ INSTEAD

Use `predict_work_mode` to see if you're actually in a "Deep Work" state before accepting invites.

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## Random Habit Changes

### X AVOID

Trying a new diet without tracking if it actually changes your work output.

### ✓ INSTEAD

Use `identify_optimal_routine` to see if the change actually improves your daily output.

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## The Right Fit

Use this if you want to move past "productivity hacks" and into actual data analysis of your life. It's for people who keep logs of their mood, sleep, and habits and want to know what those numbers mean. It's perfect for finding the "why" behind your energy levels. Don't use it if you don't have historical data to analyze, as it won't have anything to correlate. It's also not a task manager or a calendar; it won't tell you what to do next on a list, it only tells you the best environment for doing it. If you just need a simple to-do list, use a dedicated task manager instead. Use this when you need to optimize your personal "operating system" for maximum output.

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## Mood & Productivity Correlator: Ending the "Guesswork" of Personal Performance

Most people try to "hack" their productivity with new apps, different coffee brands, or complex time-blocking techniques. You end up jumping from one method to another, wondering why some days feel like a breeze and others feel like wading through molasses. You're constantly trying to figure out if it's your sleep, your diet, or just a lack of motivation.

This MCP changes that by looking at the actual data. Instead of guessing, you use it to find the real correlations between your habits and your results. It turns your daily logs into a diagnostic map, showing you exactly which lifestyle factors move the needle. You stop chasing hacks and start following your own data.

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# Mood & Productivity Correlator: Data-Driven Lifestyle Optimization

You won't have to manually cross-reference your sleep tracker, your food logs, and your work output anymore. You can just ask your agent to find the patterns for you. It handles the heavy lifting of statistical analysis to tell you what's actually happening.

You get a clear, personalized blueprint for your best work. No more "vibes" based scheduling. You get a data-backed routine that works for your specific body and mind.

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# Mood & Productivity Correlator: 3 Lifestyle Tools

Use these tools to find your productivity formula and predict your best work modes based on your lifestyle data.

#	TOOL	DESCRIPTION
01	<code>calculate_correlations</code>	Identifies which lifestyle or emotional factors have the strongest relationship to your productivity.
02	<code>identify_optimal_routine</code>	Discovers your personal productivity formula by finding peak performance combinations.
03	<code>predict_work_mode</code>	Recommends whether you should schedule high-focus deep work or reactive meeting sessions.

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## See It in Action

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

**U** Looking at my logs from the last 30 days, which lifestyle factors are most closely linked to my high productivity days?



The analysis shows that **exercise and nutrition quality** have a strong positive correlation (**0.75**) with your productivity, while social interaction frequency has a weaker link.

**U** What should my routine look like to achieve a high productivity tier?



To reach the high productivity tier, your optimal configuration includes:

- At least **30 minutes of exercise**
- **High-quality nutrition**

This combination could yield a **15% efficiency gain** based on your previous logs.

**U** Looking at my recent mood trends, should I plan deep work for tomorrow?



Based on your stable mood and high nutrition scores recently, the predicted mode is **Deep Work** with a confidence score of **88%**.

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## Frequently Asked Questions

**01** What does the Mood & Productivity Correlator actually do?

It analyzes the relationship between your daily habits, like sleep and nutrition, and your actual work output. It helps you find the patterns that make you most productive.

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**02 Can I use the Mood & Productivity Correlator to see why I'm tired?**

Yes. By analyzing your logs, it can identify if factors like poor sleep or specific lifestyle habits are negatively impacting your energy levels.

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**03 How does the Mood & Productivity Correlator help with my schedule?**

It looks at your recent trends to recommend whether you should prioritize deep focus work or handle reactive tasks like meetings on any given day.

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**04 Is the Mood & Productivity Correlator just for tracking my mood?**

No, it's a diagnostic engine. It connects your mood and lifestyle data to your productivity metrics to find out what actually drives your performance.

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**05 Can the Mood & Productivity Correlator find my best work routine?**

It can. It analyzes your historical data to identify the specific combination of habits and lifestyle inputs that lead to your peak performance.

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**06 How do I know if my new habit is working?**

You can use the Mood & Productivity Correlator to see if a new habit—like a specific exercise routine—actually shows a positive correlation with your daily output.







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# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://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
 <b>Claude AI</b>	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 <b>Cursor</b>	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 <b>VS Code</b>	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"mood-productivity-correlator": { "url": "..." }</code>
 <b>Windsurf</b>	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 <b>ChatGPT</b>	Settings → Tools & plugins → Add MCP server → Paste endpoint
 <b>Gemini</b>	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

# Mood & Productivity Correlator 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](https://cloud.vinkius.com) →

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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### DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<a href="https://edge.vinkius.com/{token}/mcp">https://edge.vinkius.com/{token}/mcp</a>

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