MCP SERVER | NO CODE | CLOUD HOSTED

Outdoor Day Count MCP

Turn your activity logs into clear engagement patterns.

Outdoor Day Count MCP lets your AI client process chronological logs of your time spent outside. Instead of staring at raw date lists, you can ask your agent to calculate your total active days, find your longest streaks, or pinpoint which months you were most active. It turns messy activity data into actionable insights through simple natural language requests.

A+ Quality Score 100/100

outdoor | activity-tracking | fitness | health | analytics

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vinkius.com/en/ai-agent-connect/outdoor-day-count

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.

Outdoor Day Count MCP

4 tools available
Cloud-hosted on Vinkius

You have logs of when you were outdoors, but looking at a long list of dates doesn't tell you much about your actual habits. This MCP changes that by giving your AI client the ability to parse and analyze those date logs for you. You can stop manually counting entries and start asking questions about your behavior.

If you want to know how many unique days you actually spent outside, your agent can pull that number instantly. You can narrow your focus to specific timeframes to see how your habits changed between seasons or months. It also handles the math for consecutive streaks, so you can see your longest runs of activity without doing the mental heavy lifting. Whether you are looking for peak activity months or checking your progress over a specific week, this MCP handles the data processing so you can focus on your next move.

Core Capabilities

01 — Streak Tracking

Your agent uses this to find the longest period of uninterrupted outdoor activity.

02 — Monthly Trend Analysis

The AI uses this to determine which months you are most active.

03 — Date Range Filtering

Your agent uses this to isolate activity within specific start and end dates.

04 — Unique Day Counting

The AI uses this to calculate the total number of distinct days spent outdoors.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/outdoor-day-count** — connect your AI agent in three steps.

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

02 Provide your activity date logs to your AI agent.

03 Ask a question about streaks, totals, or monthly trends.

04 The agent uses the specific MCP tools to process the logs and return the answer.

Connect the MCP to your client and start asking questions about your activity data.

Built For

This is for anyone tracking physical activity through date logs who wants to move past simple lists and into actual data analysis.

Fitness Enthusiasts

People who log their runs, hikes, or outdoor workouts and want to see their progress.

Health Researchers

Individuals analyzing personal activity patterns to understand seasonal health trends.

Data-Driven Athletes

Users who want to hand off raw activity timestamps to an agent to calculate streaks and frequency.

What Changes When You Connect

01 Eliminates manual counting of activity logs.

02 Provides instant answers to complex date-based questions.

03 Identifies seasonal activity patterns through monthly breakdowns.

04 Calculates consecutive streaks without manual math.

Real-World Applications

Measuring Consistency

Ask your agent to find your longest streak to see how well you maintained your outdoor habits.

Seasonal Review

Use monthly frequency tools to see if you are more active in the summer versus the winter.

Specific Period Audits

Check how many days you were active during a specific vacation or training block.

Total Engagement Tracking

Get a high level view of your total unique active days over a year or more.

Patterns to Avoid

Manual log counting

AVOID

You scroll through a massive text file of dates and try to count how many times you went outside this month.

✓ INSTEAD

Let your agent do the math. Use `get_activity_frequency_by_month` to see your monthly volume instantly.

Vague habit questions

AVOID

You ask your agent if you have been active lately without providing any specific timeframes.

✓ INSTEAD

Be precise with your requests. Use `get_outdoor_days_in_range` to check activity within a specific window.

Overcounting duplicate entries

AVOID

You assume every single timestamp in your log represents a new day of activity.

✓ INSTEAD

Use `get_total_outdoor_days` to get an accurate count of unique days without double counting.

The Right Fit

Connect this MCP if you maintain digital logs of your outdoor activity and want to analyze patterns. Do not connect it if your data is only stored in physical notebooks or unorganized photos. The decision rests on whether your activity data is already in a digital format your agent can read.

Outdoor Day Count MCP Tools

These tools turn raw activity logs into actionable insights about your outdoor habits and consistency.

#	TOOL	DESCRIPTION
01	`get_activity_frequency_by_month`	This tool identifies which months had your highest volume of outdoor activity. It breaks down your logs to show seasonal trends.
02	`get_activity_streak`	This tool calculates your longest consecutive run of outdoor activity days. It finds the maximum number of days you stayed active without a break.
03	`get_outdoor_days_in_range`	This tool counts how many days you were active between two specific dates. It filters your logs to a precise window of time.
04	`get_total_outdoor_days`	This tool provides the total number of unique days you spent outdoors. It ignores duplicate entries for the same day to give an accurate count.

See It in Action

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

U How many unique days was I outdoors in total based on these dates: ['2023-05-01', '2023-05-01', '2023-05-02']?

You were outdoors for a total of 2 unique days.

U What is my longest outdoor activity streak for these dates: ['2023-06-01', '2023-06-02', '2023-06-03', '2023-06-05']?

Your longest consecutive streak is 3 days.

U How many days was I outdoors between 2023-01-01 and 2023-01-10 given these dates: ['2023-01-01', '2023-01-05', '2023-01-15']?

You were outdoors for 2 days within that range.

Frequently Asked Questions

01 **How do I use this MCP with Claude?**

You connect to the MCP through the Vinkius platform. Once connected, you can use Claude to ask questions about your activity logs directly.

02 **What kind of data does this MCP need?**

The MCP works with chronological logs of outdoor activity dates. You provide the dates, and the tools analyze them.

03 **Can I find my longest activity streak?**

Yes, the get_activity_streak tool is specifically designed to find your longest consecutive run of active days.

04 **Does it handle duplicate dates?**

Yes, the get_total_outdoor_days tool counts unique days, so multiple entries for the same day won't inflate your total.

05 **Can I analyze specific months?**

Yes, the get_activity_frequency_by_month tool allows your agent to identify which months had the most activity.

06 **How does the tool handle multiple activities on the same day?**

The tools count unique calendar days. If you record multiple activities on the same date, it only counts as one unique day of outdoor activity.

07 **What date format should I use?**

All dates must be provided in ISO 8601 format (e.g., YYYY-MM-DD).

08 **Can I check my activity for a specific month?**

Yes, you can use `get_activity_frequency_by_month` to see how many unique days you were active in each month for a given year.

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 `"outdoor-day-count": { "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

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

LICENSE & USAGE

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