

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Pomodoro Break Calculator MCP

Plan your rest periods and work cycles with precision.

Pomodoro Break Calculator MCP handles the math for your productivity sessions. It lets your AI agent calculate total rest time, build specific break schedules, and verify that your work/rest ratios make sense before you start your deep work blocks.

A+ Quality Score 100/100

pomodoro

rest-calculation

productivity-tools

time-tracking

workflow-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

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.

Pomodoro Break Calculator MCP

4 tools available

Cloud-hosted on Vinkius

If you use Pomodoro techniques to stay focused, you know the math can get annoying when you're trying to plan a long session. This MCP takes that mental load off your plate. Instead of manually counting how many minutes of rest you'll need over a four-hour stretch, you just tell your AI client your intended work blocks and break lengths. It does the rest. You can use it to check if your planned session is actually sustainable or to get a clear, step-by-step schedule of exactly when you should step away from the screen. It's a simple way to ensure your productivity system doesn't lead to burnout by miscalculating your downtime.

Core Capabilities

01 — Rest Math

Your agent calculates total rest time for any number of cycles.

02 — Schedule Generation

The AI builds a chronological list of break times.

03 — Parameter Validation

Your client checks if your work and break settings are practical.

04 — Daily Planning

The agent estimates total downtime needed for a full workday.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/pomodoro-break-calculator — connect your AI agent in three steps.

01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.

02 Tell your AI client your work block and break durations.

03 The agent uses the tools to run the math.

04 Receive a clear schedule or total rest estimate.

Connect the MCP to your client and start asking for rest calculations.

Built For

This is for anyone using time-blocking or Pomodoro methods to manage their focus.

Software Developers

They hand off their coding block durations to the AI to plan breaks.

Writers

They use it to schedule rest periods during long drafting sessions.

Project Managers

They use it to estimate total downtime required for team productivity blocks.

What Changes When You Connect

01 Removes the manual math from time-blocking.

02 Prevents burnout by ensuring rest is actually scheduled.

03 Provides a clear timeline for when to step away from work.

Real-World Applications

Long Session Planning

Calculate total rest needed for a multi-hour deep work marathon.

Daily Routine Setup

Estimate how much total break time to budget for a full workday.

Schedule Verification

Check if your custom Pomodoro settings are logical before you start.

Break Timing

Get a specific list of break durations for a set number of cycles.

Patterns to Avoid

Ignoring cumulative rest needs

❌ AVOID

You plan a six hour deep work block but forget to account for the total rest time required. You end up working through breaks because you didn't budget enough time.

✓ INSTEAD

Use ``get_total_break_time`` to see exactly how much downtime you need to build into your day before you start.

Setting impossible work cycles

❌ AVOID

You try to set a 120 minute work block with only a 1 minute break. It's not a sustainable way to work.

✓ INSTEAD

Run ``validate_pomodoro_parameters`` to check if your work and break durations actually make sense for a real session.

Guessing your daily downtime

❌ AVOID

You tell your team they'll be productive all day without accounting for the breaks needed to stay sharp.

✓ INSTEAD

Use ``estimate_daily_rest_requirement`` to get a realistic number for total rest needed based on your work hours.

The Right Fit

Connect this MCP if you use time-blocking or Pomodoro methods to manage focus. Don't connect it if you prefer unstructured work sessions without scheduled breaks. The decision depends on whether you want your AI client to handle the math of your rest intervals for you.

4 Tools for Precise Pomodoro Scheduling

These tools handle the math for your rest cycles and validate your session settings.

#	TOOL	DESCRIPTION
01	estimate_daily_rest_requirement	This tool calculates how much total rest you'll need based on your planned work hours.
02	get_break_schedule	This tool generates a specific timeline of when each break occurs during your session.
03	get_total_break_time	This tool finds the cumulative amount of rest time across all your planned cycles.
04	validate_pomodoro_parameters	This tool checks your work and break durations to make sure your session settings are logical.

See It in Action

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

U How many total break minutes will I have after 10 Pomodoro cycles if my short break is 5 minutes and my long break is 15 minutes?



You will have a total of 55 minutes of rest accumulated over 10 cycles.

U Show me the break schedule for 4 cycles with 5 minute short breaks and 20 minute long breaks.



Cycle 1: 5 minutes, Cycle 2: 5 minutes, Cycle 3: 5 minutes, Cycle 4: 20 minutes.

U I plan to work for 4 hours with 25 minute work blocks and 5 minute breaks. How much rest do I need?



You will need approximately 40 minutes of total rest for your 4-hour work plan.

Frequently Asked Questions

01 How do I use this with Claude?

You connect the MCP through the Vinkius platform, which makes it immediately available to your Claude client.

02 Can it handle custom break lengths?

Yes, you can specify any duration for short or long breaks when you ask your agent to calculate your schedule.

03 Does it work with my existing Pomodoro app?

This MCP is a standalone tool for your AI client to perform calculations, not a replacement for a timer app.

04 What if my work blocks are irregular?

The tools are designed to handle the math for your specific parameters, so you can define your own work and rest ratios.

05 Do I need to host this myself?

No, Vinkius hosts and manages the MCP for you. You just connect and use it.

06 How do I calculate the total rest time for my session?

You can use the ``get_total_break_time`` tool by providing the number of cycles and the duration of your standard and long breaks.

07 Can I see exactly when my breaks will happen?

Yes, the ``get_break_schedule`` tool provides a detailed list of every break and its duration throughout your work session.

08 How does the tool handle long breaks?

The tools follow standard Pomodoro logic where a long break can be specified to occur after a certain number of cycles.

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>"pomodoro-break-calculator": { "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

Pomodoro Break Calculator 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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Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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