

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 Cycle Counter MCP

Plan your focus sessions with mathematical precision.

Pomodoro Cycle Counter MCP lets your AI agent calculate exactly how many work and break cycles fit into your available time. Instead of guessing how much you can get done, your agent uses specific math to determine if your goals are realistic or how many sessions you can squeeze into a meeting or a deep work block.

A+ Quality Score 100/100

pomodoro

productivity

time-tracking

focus

scheduling



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 Cycle Counter MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing how much work you can actually finish before your next meeting. This MCP gives your AI client the math it needs to build realistic Pomodoro schedules. If you tell your agent you have two hours, it won't just suggest a random number of sessions. It calculates the exact capacity based on your specific work and break durations. You can check if a specific goal is reachable or see how much time you'll spend working versus resting. It even handles the edge case where you don't need a break after your very last session, helping you maximize every minute of your focus time. It's a simple way to turn a vague block of time into a concrete, actionable plan.

Core Capabilities

01 — Cycle Capacity Calculation

Your agent calculates how many full work and break loops fit into a time window.

02 — Goal Feasibility Checks

Your agent verifies if a target number of sessions is possible given your time limit.

03 — Last Session Optimization

Your agent calculates capacity by omitting the final break to maximize work time.

04 — Schedule Statistics

Your agent provides a summary of total work versus total break time.

One Click on Vinkius — From Prompt to Execution

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

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Tell your agent how much time you have and your preferred work/break lengths.
- 03 The agent calls the relevant tool to run the calculation.
- 04 Your agent provides the exact number of cycles or feasibility results.

Connect the MCP to your client and let your agent handle the math.

Built For

This is for anyone who uses time-blocking or Pomodoro techniques to manage deep work.

Software Developers

They hand off coding blocks to an agent to plan focused sprints.

Project Managers

They use it to estimate how many focus intervals are needed for specific tasks.

Students

They use it to map out study sessions around specific exam prep windows.

What Changes When You Connect

-
- | | |
|----|--|
| 01 | Removes guesswork from time-blocking. |
| 02 | Calculates exact work-to-break ratios. |
| 03 | Accounts for the lack of a final break in a session block. |
| 04 | Provides mathematical certainty for scheduled goals. |
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Real-World Applications

Pre-Meeting Planning

Calculate how many focus sessions you can finish before your next calendar event starts.

Goal Verification

Ask your agent if you can realistically finish 10 sessions in a four-hour window.

Deep Work Scheduling

Determine the exact number of 50-minute sessions you can fit into a morning block.

Efficiency Auditing

Get a breakdown of how much time you are actually working versus resting in a planned block.

Patterns to Avoid

Vague time estimation

❌ AVOID

You tell your agent you have a few hours and ask for a schedule. It guesses a number of sessions without knowing your specific work or break lengths.

✓ INSTEAD

Provide your exact work and break durations. Use `get_cycle_capacity` to find out exactly how many full loops fit into your window.

Ignoring the final break

❌ AVOID

You plan a four hour block and assume every session needs a following break. You end up with less work time than you actually have available.

✓ INSTEAD

Use `get_last_session_only_capacity` to see how much extra work you can squeeze in by omitting the very last break.

Overcommitting your schedule

❌ AVOID

You tell your agent you want to do 12 sessions in a two hour window. It doesn't realize that's physically impossible.

✓ INSTEAD

Run `get_session_feasibility` to confirm if your target number of sessions actually fits within your time constraints.

The Right Fit

Connect this MCP if you use time-blocking or Pomodoro to manage deep work. Do not connect it if you prefer loose, unstructured schedules. The decision depends on whether you need mathematical certainty for your focus blocks.

4 Tools for Precise Pomodoro Planning

These tools give your agent the math to turn vague time blocks into exact work and break schedules.

#	TOOL	DESCRIPTION
01	get_last_session_only_capacity	This tool calculates the maximum number of work sessions you can fit if you don't need a break after the final session.
02	get_optimized_schedule_stats	This tool provides a breakdown of your total work time and total break time for a specific window of availability.
03	get_session_feasibility	This tool checks if a specific number of focus sessions can actually be completed within your time constraints.
04	get_cycle_capacity	This tool determines how many full work and break cycles fit into your designated time limit.

See It in Action

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

U How many 25-minute Pomodoro cycles with 5-minute breaks can I fit into 120 minutes?



You can complete 4 full cycles, with 0 minutes remaining.

U Is it possible to complete 5 cycles of 50 minutes work and 10 minutes break in 300 minutes?



No, it is not possible. You would need 300 minutes for 5 cycles, but since the last break is required for a full cycle, you have exactly enough time for 5 cycles.

U How many work sessions can I do in 45 minutes if work is 25 minutes and break is 5 minutes, ignoring the last break?



You can perform 1 full work session, with 20 minutes remaining for a second partial session.

Frequently Asked Questions

01 How do I use this with Claude?

You connect to the MCP through Vinkius. Once connected, your agent in Claude can automatically call these tools when you ask about scheduling.

02 Does it account for the final break?

Yes. You can use the specific tool designed to calculate capacity while ignoring the final break if you want to maximize work sessions.

03 Can I use custom work and break durations?

Yes. The tools use the specific durations you provide to your agent for every calculation.

04 What is the difference between cycle capacity and session feasibility?

Cycle capacity tells you how many full loops fit in a time window. Session feasibility checks if a specific number of sessions you have in mind is actually possible.

05 Do I need to host this myself?

No. Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

06 How does the tool count a complete cycle?

A cycle is only counted as complete if both the full work period and the subsequent break period are finished within the total available time.

07 Can I calculate sessions if I don't need a break after the last one?

Yes, you can use ``get_last_session_only_capacity`` to find the maximum number of work sessions possible when the final session does not require a following break.

08 What if I have a specific goal of cycles I want to finish?

You can use ``get_session_feasibility`` to determine if your target number of cycles is possible with your available time and the time deficit if you are short.

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-cycle-counter": { "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 Cycle 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 →

vinkius.com · support@vinkius.com

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

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