MCP SERVER | NO CODE | CLOUD HOSTED

# Pomodoro Study Planner MCP for AI Agents

## Optimizing Academic Schedules and Exam Preparation Timelines

The Pomodoro Study Planner is an intelligent system that adapts classic time management techniques for focused learning. It analyzes your energy levels, subject complexity, and preferred session lengths to build optimized study schedules. You get precise recommendations on work-to-break ratios, daily goals, and a realistic timeline of when you'll finish your massive workload.

A+ Quality Score 100/100

pomodoro | study-planner | productivity-tools | time-management | learning-optimization

MAINTAINED BY VINKIUS CLOUD FOR AI AGENTS · JULY 2026
vinkius.com/mcp/pomodoro-study-planner

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.

# Pomodoro Study Planner MCP

3 tools available
Cloud-hosted on Vinkius

Studying for big exams or finishing complex coursework can feel like an endless cycle. The Pomodoro Study Planner changes that by treating your energy—not just the clock—as the primary constraint. It moves beyond simple timers, calculating optimized work and break durations based on whether you're tackling high-intensity theory, rote practice, or light review. Instead of guessing how long things will take, this MCP gives you a data-backed plan that adjusts as your focus wanes or spikes. When connected through the Vinkius catalog, your AI agent uses these calculations to give you clear, actionable steps for today and an estimated end date for your whole subject area. It's less about counting hours and more about protecting your ability to absorb information without burning out.

## Core Capabilities

**01 — Determine optimal work-to-break ratios**

Calculates the perfect length for study blocks and subsequent rest periods based on current energy levels.

**02 — Set manageable daily study goals**

Establishes a realistic target for how many focused sessions you should complete in one day, factoring in total remaining material.

**03 — Project final completion dates**

Estimates the precise date you'll wrap up your entire syllabus or body of work based on current pacing and daily goals.

## One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/pomodoro-study-planner** — connect your AI agent in three steps.

01 Input your total remaining material (e.g., '40 hours of practice') and any relevant context, like whether the subject is theory or practice.

02 Your AI agent runs the data through the system to calculate optimal pacing, factoring in your energy state and preferred session length.

03 The result provides a tailored daily target, an optimized work/break schedule for today, and a projection of when you'll finish everything.

The bottom line is that it turns vague feelings of being overwhelmed into a specific, scheduled plan you can actually follow.

## Built For

Anyone facing long-term academic deadlines or intense self-study. This tool targets students and lifelong learners who struggle with maintaining consistent focus and avoiding burnout when managing massive amounts of material.

**University Student**

Uses this to map out study plans for final exams, balancing theory reading with practical problem sets.

**Professional Certification Candidate**

Needs a structured way to schedule months of review material across different domains and energy levels.

**Lifelong Learner**

Manages personal study goals (e.g., learning a language or new skill) without the rigid structure of academia, keeping motivation high.

## What Changes When You Connect

01 Stop guessing how long your syllabus will take. Use estimate_completion_timeline to get a clear, date-based finish line, giving you motivation.

02 Avoid burnout by adjusting your pacing. The system calculates the optimal work-to-break ratio for any given session block using calculate_session_parameters.

03 Gain clarity on daily effort. calculate_daily_target sets achievable goals for sessions and time, so you know exactly what to do when you sit down at your desk.

04 Balance different learning types. The planner adjusts its recommendations based on whether the material is high-theory or pure practice, keeping study effective.

05 Stay focused with structured breaks. By recommending appropriate break durations, it ensures you recover enough mental energy to tackle the next block.

06 Manage diverse coursework. Whether you're dealing with theory and review mixed together, the system provides a cohesive plan.

## Real-World Applications

**Syllabus Overload: Figuring out when I'll pass**

A student has 30 hours of material remaining for an exam. They ask their agent, 'Given my current pace and daily goal of 120 minutes, when will I finish?' The system uses estimate_completion_timeline to reply with a precise date (e.g., in 15 days), giving them immediate focus.

**Tired of Burnout: My energy keeps dipping**

You're reviewing dense theory and feel tired. You ask the agent for help optimizing your next session. It uses calculate_session_parameters to recommend a longer break (e.g., 20 minutes instead of 15) to ensure adequate recovery time.

**Structuring Practice Work: Too much material, no plan**

A candidate has 40 hours of practice problems left and high energy. They ask the agent for a daily goal. The system uses calculate_daily_target to set a concrete, achievable target (e.g., 8 sessions per day).

**Mixed Content Scheduling: Theory vs. Review**

You need to study a mix of complex theory and simple review material. You input this mixed content type into the planner. It adjusts the overall schedule, recognizing that practice problems require different pacing than pure reading.

# Patterns to Avoid

### Treating studying like mindless clock-watching

✗ AVOID

Setting a timer for '25 minutes of study' regardless of how tired or energized you feel, leading to diminished focus and ineffective work.

✓ INSTEAD

Use calculate_session_parameters. Instead of defaulting to 25 minutes, let the MCP determine your ideal work-to-break ratio based on whether your material requires high focus or light review.

### Ignoring total workload size

✗ AVOID

Just focusing on today's tasks without knowing if those small efforts actually move you toward a finish line, leaving you feeling perpetually overwhelmed.

✓ INSTEAD

Run estimate_completion_timeline. This gives you the necessary big-picture view, showing exactly how many days of focused effort are left.

### Setting unsustainable daily goals

✗ AVOID

Aiming to study 10 hours a day because that's what others do, leading to quick burnout and falling behind schedule.

✓ INSTEAD

Use calculate_daily_target. This tool calculates a sustainable goal for you based on your total remaining material, keeping the pace realistic.

## The Right Fit

You should use this MCP if your biggest challenge is translating a massive academic workload into small, manageable steps that respect your actual cognitive energy levels. It's perfect when you need to know two things: 1) How long it will take (using estimate_completion_timeline), and 2) What you need to do *today* to make progress (using calculate_daily_target). Don't use this if all you need is a simple stopwatch; those generic timers won't account for energy or subject type. If your problem is simply 'I can't remember what I studied yesterday,' then you need a dedicated flashcard tool, not a planner.

## Pomodoro Study Planner: Managing Academic Workload Complexity

Right now, managing study time usually means keeping track of massive checklists and copying progress numbers into different spreadsheets. You calculate your daily goal manually, estimate the timeline by hand, and then try to adjust your breaks on the fly whenever you feel tired or hyped up—it’s a messy, high-friction process.

With this MCP, you simply tell your agent what's left to cover and how you feel. It instantly runs those numbers through calculate_daily_target and gives you a clean, achievable daily goal, eliminating the guesswork and giving you actionable steps.

## Pomodoro Study Planner: Optimizing Focus Cycles for Theory and Practice

The hardest part is figuring out the right amount of rest. You might read theory one day, only to do intense practice problems the next. If you use a standard timer, you risk burning out during deep reading or getting bored during review sessions.

This MCP calculates your ideal rhythm for you. By analyzing whether your material is theory or practice, it adjusts the work-to-break ratio using calculate_session_parameters. You get perfect pacing that matches how hard your brain has to work.

# Pomodoro Study Planner: 3 Tools for Academic Pacing

Use these tools to calculate optimal session ratios, set sustainable daily targets, or project your final completion date for any workload.

| # | TOOL | DESCRIPTION |
|---|---|---|
| 01 | `estimate_completion_timeline` | Projects an estimated final date for you to complete your entire academic workload. |
| 02 | `calculate_daily_target` | Sets a manageable goal, determining how many study sessions and what frequency they should be each day. |
| 03 | `calculate_session_parameters` | Determines the ideal ratio between focused work time and necessary break time for any single study block. |

# See It in Action

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

**U** I have 10 hours of theory and 20 hours of practice left. I feel low energy today. What should my schedule look like?

Based on a mixed workload (Theory/Practice) and current Low Energy status:

- **Daily Goal:** Aim for 6 focused sessions.
- **Session Parameters:** Use a 25-minute work block followed by a 15-minute break. This ratio maximizes recovery during theory reading.
- **Timeline:** You are projected to finish the full workload in approximately 8 days.

**U** I need to hit my daily goal, but I'm doing complex practice problems today.

**High Focus Workday Plan**

To maintain focus on complex problem sets:

- Target sessions: 4.
- Optimal Cycle: 35 minutes work / 20 minutes break. (This longer break helps you regroup after intensive calculation).
- Focus Time Today: 180 minutes total.

**U** If I stick to a daily goal of 90 minutes, how long until I finish my 50 hours?

**Workload Projection**

Using the input parameters:

- Total Workload Remaining: 50 hours (3000 minutes).
- Daily Rate Set: 90 minutes.
- Estimated Completion Timeline: You will finish in roughly 34 days.

# Frequently Asked Questions

01 **How does the Pomodoro Study Planner calculate my daily study goals?**

It takes your total remaining hours of material and calculates a sustainable session frequency, ensuring you make steady progress without burning out or falling behind schedule.

02 **Can I use the Pomodoro Study Planner to plan for mixed content exams?**

Yes. It adjusts its recommendations because it understands that theory reading needs different pacing and breaks than intense practice problems, giving you a balanced approach.

03 **What if my schedule changes? Can the Pomodoro Study Planner update my timeline?**

If your workload size or daily goal shifts, simply updating the input parameters allows the MCP to recalculate and give you a revised, accurate completion date.

04 **Is the Pomodoro Study Planner useful if I just need basic time tracking?**

No. If you only need a stopwatch, this isn't for you. The planner is built to calculate *optimal* timing and pacing based on your energy and material type.

# 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 `"pomodoro-study-planner": { "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

# Pomodoro Study Planner 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

## INDEPENDENT PLATFORM DISCLAIMER



## DOCUMENT INFORMATION

| | |
|---|---|
| Generated | July 2026 |
| MCP Server | Pomodoro Study Planner MCP |
| Server ID | `019f0b6b-ea0e-73d7-b224-f3772da66394` |
| Platform | Vinkius Cloud for AI Agents |
| Endpoint | `https://edge.vinkius.com/{token}/mcp` |

## LICENSE & USAGE