

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

Pregnancy Weight Gain Tracker MCP for AI Agents

Track maternal weight gain against clinical IOM standards.

Pregnancy Weight Gain Tracker lets your AI agent manage maternal health data using Institute of Medicine (IOM) standards. It calculates expected weight gains based on pre-pregnancy BMI, monitors weekly progress, and identifies deviations from healthy trends. It's built for clinical accuracy in maternal health tracking.

A+ Quality Score 100/100

pregnancy

maternal-health

weight-tracking

iom-guidelines

bmi



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.

Pregnancy Weight Gain Tracker MCP

3 tools available

Cloud-hosted on Vinkius

Managing weight gain during pregnancy isn't just about the number on the scale. It's about following specific clinical guidelines to ensure both the parent and the baby stay healthy. If you're a healthcare provider or a parent tracking these numbers, you know how easy it is to lose track of the ideal trajectory as the weeks go by. This MCP takes the math out of the equation. Instead of digging through charts or using old-school calculators, your agent can now pull the correct Institute of Medicine (IOM) standards instantly. It looks at where someone started before pregnancy and figures out exactly what the target looks like for the current week. It also watches the pace of gain, spotting when things are moving too fast or staying flat for too long. It turns raw numbers into a clear picture of health. By adding this to your setup through the Vinkius catalog, you get a reliable way to monitor maternal progress without the manual overhead. It's about getting clear answers on whether a weight trend is staying on track or needs a closer look from a professional. You can ask your agent to tell you exactly how many pounds a patient should have gained by week 30, or have it flag a week where the velocity jumped too high. It removes the guesswork from maternal health tracking and replaces it with data-backed insights that actually matter for clinical outcomes.

Core Capabilities

01 — Retrieve IOM weight targets

Get standardized weight gain goals based on pre-pregnancy BMI categories.

02 — Compare weight progress

See how current weight compares against the projected ideal trajectory.

03 — Identify rapid fluctuations

Detect if weekly weight changes are moving too fast or staying too flat.

04 — Determine BMI category goals

Get specific weight targets for different weight categories like Normal or Overweight.

05 — Monitor weekly velocity

Track the pace of weight gain to ensure it stays within healthy clinical ranges.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/mcp/pregnancy-weight-gain-tracker — connect your AI agent in three steps.

- 01 Provide the agent with the pre-pregnancy BMI and the current gestational week.
- 02 The agent pulls the relevant IOM standards and compares them against current weight data.
- 03 You get a clear breakdown of target ranges and any deviations from the plan.

The bottom line is that it automates the complex math of maternal weight tracking against clinical standards.

Built For

This is for maternal health professionals and patients who need to move beyond basic tracking into clinical-grade monitoring. It's for anyone who needs to know if a weight trend is safe or requires a medical intervention.

OB/GYN Nurse

Checking patient logs during a routine checkup to see if weight gain is hitting targets.

Maternal Health Coach

Helping clients stay within healthy ranges by providing weekly trend analysis.

Pregnant Parent

Tracking their own progress against healthy guidelines to stay informed between doctor visits.

What Changes When You Connect

- 01 Get accurate IOM targets instantly using `get_bmi_recommendations` so you don't have to reference manual charts.
- 02 Spot potential health risks earlier by using `analyze_weekly_velocity` to catch rapid fluctuations.

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- 03 See exactly how far off a trend is from the goal with `calculate_gain_deviation` for clear progress tracking.
 - 04 Save time on manual calculations by letting your agent handle the math for different BMI categories.
 - 05 Improve patient safety by providing data-backed insights into healthy weight trajectories.
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Real-World Applications

Clinical patient checkup

A midwife wants to check a patient's status. They ask the agent to see if the patient's 20lb gain at week 20 is on track for their BMI.

Standardizing clinic advice

A clinic wants to standardize advice. They use the tool to get the specific IOM weight targets for a patient with a BMI of 27.

Rapid weight spike alert

A parent is worried about a 3lb jump in a week. They ask the agent to analyze the weekly velocity to see if it's within the healthy range.

Monthly health review

A health coach wants to review a month of data. The agent compares current progress against the ideal trajectory to highlight any deviations.

Patterns to Avoid

Guessing weight targets without BMI

X AVOID

Trying to determine how much weight to gain without knowing the pre-pregnancy starting point.

✓ INSTEAD

Use ``get_bmi_recommendations`` first to establish the correct clinical baseline before doing any other calculations.

Only looking at total weight gain

X AVOID

Focusing only on the total pounds gained while missing a dangerous weekly spike.

✓ INSTEAD

Use ``analyze_weekly_velocity`` to see if the pace of gain is healthy for the current trimester.

Manually subtracting weights

X AVOID

Doing manual math to figure out how far off a patient is from their goal.

✓ INSTEAD

Use ``calculate_gain_deviation`` to get a precise comparison against the IOM trajectory automatically.

The Right Fit

Use this if you need to monitor pregnancy weight gain against official Institute of Medicine (IOM) standards. It's perfect for clinical settings or high-accuracy personal tracking where you need to know if a trend is healthy. Don't use this if you just want to log weight without any goal comparison or clinical analysis. For simple journaling without IOM integration, a basic weight log MCP is better.

Pregnancy Weight Gain Tracker for Clinical Maternal Health Monitoring

Doctors and nurses often have to juggle dozens of patient files while trying to ensure every mother is meeting health milestones. It usually involves opening a separate clinical manual, looking up a BMI category, and doing mental math to see if a weight gain is staying within the safe zone. It's a lot of cognitive load for a task that should be instant.

This MCP changes that by letting your agent do the heavy lifting. You just provide the numbers, and it handles the IOM standard lookups and deviation math. You get a clear on track or needs review status in seconds.

Pregnancy Weight Gain Tracker for Automated IOM Standard Tracking

Instead of manually calculating weekly velocity or comparing current weight to projected goals, you can automate the entire analysis. You no longer

Your agent becomes a specialized health assistant that knows the rules. It turns a spreadsheet of numbers into a reliable clinical overview.

have to worry about miscalculating a deviation or missing a sudden spike in weight.

Pregnancy Weight Gain Tracker: 3 Maternal Health Tools

Use these tools to calculate weight targets, check deviations, and analyze weekly velocity trends.

#	TOOL	DESCRIPTION
01	analyze_weekly_velocity	This tool looks at recent weight changes to find rapid fluctuations or stagnation. It's useful for spotting health risks that might be missed by looking at total weight alone.
02	get_bmi_recommendations	This tool pulls the official IOM weight targets based on a user's pre-pregnancy BMI. It helps you establish the correct clinical baseline for the entire pregnancy.
03	calculate_gain_deviation	This tool compares the user's current weight against their projected ideal weight. It tells you exactly how far off the current trajectory is from the goal.

See It in Action

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

U What are my recommended weight gain targets for a pre-pregnancy BMI of 26.5?



Based on a pre-pregnancy BMI of 26.5, here is your clinical target:

- **Category:** Overweight
- **Recommended Gain:** 15 to 25 pounds

This range is based on standard Institute of Medicine (IOM) guidelines.

U I am at week 20 and my current weight is 160 lbs. My pre-pregnancy weight was 140 lbs and BMI was 23. How am I doing?



Here is your current status at week 20:

- **Total Gain:** 20 lbs
- **Expected Gain:** ~14.5 lbs
- **Status:** You are currently **5.5 lbs above** the ideal trajectory for your weight category.

It might be worth discussing this trend with your provider.

U Check if my recent weight gain is healthy: last week I was 158 lbs and this week I am 160 lbs at week 24.



Your recent weight trend:

- **Weekly Velocity:** 2.0 lbs/week
- **Healthy Range:** 0.5 to 1.0 lbs/week

Note: Your current velocity is outside the standard healthy range for the second and third trimesters. You should monitor this closely.

Frequently Asked Questions

01 How does the Pregnancy Weight Gain Tracker help with maternal health?

It automates the tracking of weight gain against official clinical standards. This helps ensure that weight trends stay within healthy ranges for both the parent and the baby.

02 Can I use the Pregnancy Weight Gain Tracker to see if my weight gain is too fast?

Yes, the tool analyzes your weekly velocity. It compares your recent weight changes against healthy clinical ranges to help identify rapid fluctuations.

03 What standards does the Pregnancy Weight Gain Tracker use?

It uses the Institute of Medicine (IOM) standards. These are clinical-grade guidelines used to determine healthy weight gain targets based on pre-pregnancy BMI.

04 Is the Pregnancy Weight Gain Tracker good for clinical settings?

Yes, it is designed for clinical-grade monitoring. It helps healthcare providers quickly see if a patient's weight progress is deviating from the ideal trajectory.

05 How does the Pregnancy Weight Gain Tracker calculate my targets?

It takes your pre-pregnancy BMI and compares it against IOM standards to give you a specific weight gain goal for your current gestational week.

06 How does the tool determine weight targets?

The ``get_bmi_recommendations`` tool uses your pre-pregnancy BMI to identify your category (Underweight, Normal, Overweight, or Obese) and provides the specific weight gain range recommended by IOM.

07 Can I track my weekly rate of gain?

Yes, the ``analyze_weekly_velocity`` tool compares your previous and current weight to calculate pounds gained per week and checks if it falls within the healthy 0.5-1 lb/week range.

08 What happens if my weight gain is outside the expected range?

The ``calculate_gain_deviation`` tool calculates exactly how many pounds you are above or below the projected ideal weight for your current gestational week.

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>"pregnancy-weight-gain-tracker": { "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

Pregnancy Weight Gain Tracker 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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