MCP SERVER | NO CODE | CLOUD HOSTED

Recovery Readiness Score MCP

Stop guessing. Start training with objective, data-backed intensity advice.

Recovery Readiness Score calculates a data-backed training intensity recommendation using your sleep quality, soreness levels, stress metrics, and motivation. It tells you if you can crush a heavy workout or if you need an active rest day based on how recovered your body really is.

A+ Quality Score 100/100

training | recovery | fitness-tracking | biometrics | performance

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vinkius.com/mcp/recovery-readiness-score

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.

Recovery Readiness Score MCP

3 tools available
Cloud-hosted on Vinkius

This MCP gives trainers and athletes objective data to guide their workouts. Instead of guessing whether to push harder or take it easy, the system synthesizes multiple markers—things like how long you slept versus how sore your quads are—to generate a single readiness score. You get an immediate recommendation on training intensity, ranging from heavy lifting days down to complete rest. It also helps pinpoint exactly which muscle group is limiting your progress right now, so you don't waste time training muscles that are already fine. Connecting this MCP through Vinkius lets your AI client access these sophisticated insights directly inside your existing workflow.

Core Capabilities

01 — Determine optimal workout intensity

Gets a comprehensive score and advises on whether today should be heavy, moderate, or an active rest day.

02 — Identify limiting muscle groups

Analyzes soreness data to show which specific muscles are causing performance bottlenecks.

03 — Verify biometric inputs

Checks your collected recovery numbers (like sleep duration or stress level) to make sure they are physiologically valid before calculating anything.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/recovery-readiness-score** — connect your AI agent in three steps.

01 Input your personal metrics into the MCP, including hours slept, perceived soreness ratings, stress levels, and motivation scores.

02 The system processes these physiological and psychological markers to calculate a comprehensive readiness score and estimate when you'll be fully recovered.

03 You receive an immediate recommendation on training intensity (Heavy to Active Rest) or specific muscle groups that require attention.

The bottom line is, it moves your workout planning from guesswork to quantifiable data.

Built For

This MCP is essential for coaches and physical therapists who deal with clients pushing through pain or risking overtraining. It solves the problem of subjective advice by providing objective metrics, saving hours spent cross-referencing logs and making educated guesses.

Physical Therapist

Uses this MCP to objectively assess if a patient is ready for increased activity levels or needs modification due to lingering soreness.

Sports Performance Coach

Calculates the daily readiness score for an athlete, ensuring they peak for competition without burning out through improper training cycles.

Personal Trainer

Uses it to create highly customized workout plans on the fly, adjusting intensity based on a client's reported sleep quality or stress levels that day.

What Changes When You Connect

01 Avoid overtraining or undertraining by using calculate_readiness_score. It provides a concrete score and advises on the right workout intensity (Heavy to Active Rest) for today.

02 Get precise feedback on performance limits using get_soreness_impact_analysis. This tool doesn't just say you're sore; it names the specific muscle group holding back your progress.

03 Ensure data integrity before making decisions. validate_recovery_metrics checks all inputs to make sure your recovery numbers are within valid physiological bounds, keeping your plan accurate.

04 Stop wasting workouts on suboptimal days. By combining sleep duration and soreness metrics into a single score, you guarantee that effort matches actual recovery capacity.

05 Reduce coaching time spent reviewing logs. Instead of manually comparing sleep data with DOMS reports, the MCP synthesizes everything instantly for actionable advice.

Real-World Applications

Client is suspiciously sore and wants to lift heavy

A personal trainer runs your metrics through calculate_readiness_score. The resulting low score, combined with the get_soreness_impact_analysis pointing to tight hamstrings, tells them immediately that a weighted mobility session is required instead of squats.

Athlete wants to adjust training after poor sleep

An athlete enters their metrics. The MCP calculates a low score and advises an 'Active Rest' day. They use validate_recovery_metrics first, confirming the input data was accepted as legitimate.

Coach needs to adjust plan for injury prevention

A coach runs get_soreness_impact_analysis on a client who is struggling with knee pain. The tool isolates the quadriceps and hip flexors, allowing the coach to immediately modify the next week's routine to target those specific weaknesses.

Starting a new fitness tracking regimen

A user connects their sleep tracker data. They run validate_recovery_metrics to ensure the input stream is reliable, then use calculate_readiness_score for a trustworthy baseline recommendation.

Patterns to Avoid

Relying solely on soreness

✗ AVOID

The user only looks at muscle pain and decides they need to train hard because the ache feels motivating. This ignores poor sleep or high stress, leading to injury.

✓ INSTEAD

Always use calculate_readiness_score first. It forces you to factor in sleep metrics and overall stress levels alongside soreness before making a training decision.

Ignoring data quality

✗ AVOID

Copying questionable or unvalidated numbers into a spreadsheet, leading the entire workout plan to be based on flawed biometrics.

✓ INSTEAD

Before any calculation, run validate_recovery_metrics. It confirms your input data is within normal physiological ranges, keeping the whole process clean.

Using vague advice

✗ AVOID

Getting told 'take it easy' without knowing why or where to start, resulting in wasted recovery time.

✓ INSTEAD

Run get_soreness_impact_analysis. This pinpoints the exact limiting muscle group—say, the calves—so your recovery efforts are hyper-focused.

The Right Fit

Use this MCP if your training planning needs to be objective and multifaceted. Specifically, use it when you need to balance physical fatigue (soreness/DOMS) against systemic markers like sleep quality and stress levels. This tool excels at generating a single, comprehensive intensity recommendation via calculate_readiness_score. Don't use this if you only want basic data logging; the MCP does more than that—it interprets the data. Also,

don't rely on it to diagnose injuries—only get_soreness_impact_analysis for localized fatigue assessment. If your primary need is simply checking if a number *looks* correct, run validate_recovery_metrics first. This isn't a general analytics platform; it's specifically designed for the intersection of biometrics and training load management.

The daily struggle to balance effort with actual recovery capacity.

Today, coaches spend hours juggling multiple data points. They check sleep logs in one app, DOMS ratings in a spreadsheet, and stress metrics in another. Then they have to manually cross-reference all of it against the client's recent training history just to decide if 'hard' or 'easy' is appropriate for the day. It's tedious, high-stakes guesswork.

With this MCP, your agent handles that complexity automatically. You input the basic metrics—sleep, soreness, stress—and get an immediate, actionable intensity recommendation. The result isn't just a score; it tells you exactly what to do next.

Recovery Readiness Score: Get Objective Intensity Guidance

The manual steps that disappear are the cross-referencing and the subjective judgment calls. You stop spending time comparing sleep duration against soreness reports, or correlating stress levels with training load data.

Now you just run calculate_readiness_score and get a single, reliable answer. Your workflow instantly gains scientific rigor.

Recovery Readiness Score with 3 Tools

These tools allow you to assess an athlete's readiness by calculating a score, analyzing specific muscle group soreness, or verifying the quality of input biometrics.

#	TOOL	DESCRIPTION
01	`calculate_readiness_score`	Calculates your overall training readiness score and determines the recommended workout intensity for the day.
02	`get_soreness_impact_analysis`	Analyzes specific muscle groups to pinpoint which ones are most sore and potentially limiting current performance.
03	`validate_recovery_metrics`	Checks your input data against known physiological ranges to ensure the metrics used for scoring are accurate.

See It in Action

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

U I slept 7 hours with good quality, but my legs and chest are very sore (8/10). My stress is low (2) and motivation is high (9). I had a heavy session 2 days ago. How should I train today?

Based on your metrics, your recovery score is approximately 65. Due to high soreness in your legs and chest and the recent heavy session, your recommended training intensity for today is 'Light'.

U Check if my recovery metrics are valid: sleep 8 hours, quality 9, stress 5, motivation 7.

Yes, all provided metrics are within the valid physiological and psychological ranges.

U Analyze this soreness: {'Legs': 9, 'Back': 2, 'Chest': 1}.

The critical muscle group identified is Legs. The high soreness level suggests localized fatigue that may limit your training intensity.

Frequently Asked Questions

01 **How does the Recovery Readiness Score MCP use my soreness data?**

The system uses get_soreness_impact_analysis to identify which specific muscle groups are limiting your performance. This tells you exactly where to focus recovery efforts.

02 **Can I trust the scores from calculate_readiness_score?**

Yes, but first run validate_recovery_metrics. It confirms that all input metrics—like sleep hours or stress levels—are within valid physiological ranges before generating a score.

03 **Does this MCP help with overall fitness planning?**

It helps manage the daily load. By providing an intensity recommendation, it keeps you from overtraining and ensures your effort matches your body's current recovery capacity.

04 **What if my input data is wrong for calculate_readiness_score?**

You should run validate_recovery_metrics first. It acts as a guardrail, flagging any metrics that fall outside normal human physiological bounds, preventing inaccurate scoring.

05 **Which tools do I need to check my progress?**

Start with calculate_readiness_score for the daily recommendation. Then use get_soreness_impact_analysis periodically to monitor specific muscle group recovery over time.

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 `"recovery-readiness-score": { "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

Recovery Readiness Score 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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