

Connect Your WHOOP to Claude

Give your AI access to your recovery, sleep and workouts — so it can actually coach you

Imagine asking Claude *“how recovered am I today?”* or *“plan my training week around my sleep”* — and it answers with **your real data**. That's what this setup does.

The best part? Everything stays on your own computer. Your WHOOP login and data never sit in anyone else's cloud, and Claude can only *read* your data — never change it.

You'll need (about 20 minutes):

- Your WHOOP account
- Claude on your computer (the desktop app, Claude Code, or Cursor)
- A free helper called Node.js — if you don't have it, grab it at nodejs.org

STEP 1

Get your keys from WHOOP

WHOOP needs to know it's really you asking. So you'll create a little “app” on their website — think of it as making yourself a key to your own data.

1. Go to **developer.whoop.com** and sign in with your normal WHOOP login.
2. Create a new app. Name it anything you like.
3. Where it asks for a **Redirect URI**, paste this exactly (copy it — one wrong character and the login won't work):

```
http://127.0.0.1:3000/callback
```

4. Tick the boxes for what Claude is allowed to see: profile, recovery, sleep, workouts and cycles.
5. Save. WHOOP hands you two codes — a **Client ID** and a **Client Secret**. Copy both somewhere safe right away. **The secret only shows once!**

STEP 2

Install the WHOOP helper

Next you install a small program on your computer — the “bridge” between WHOOP and Claude. The easiest way? **Just ask Claude to do it for you**. Say something like:

```
“Install a WHOOP MCP server for me. Here are my keys: [Client ID] and [Client Secret]”
```

Claude sets it up and stores your two codes safely on your machine, where only you can read them.

STEP 3

Introduce the bridge to your AI app

Now tell your AI app the bridge exists. Pick whichever you use:

Claude desktop app — go to **Settings** → **Developer** → **Edit Config** and add the WHOOP server there (Claude can write this bit for you too), then restart the app.

Claude Code (in your terminal) — just ask Claude: “add the WHOOP server to my MCP config” and it runs the command for you. Type `/mcp` afterwards to see it connected.

Cursor — open **Cursor Settings** → **MCP** → **Add new MCP server** and add it there. (Cursor's terminal runs Claude Code too, so the option above also works.)

Once it's in, Claude gains new abilities with names like `whoop_daily_summary` — that's how you know it worked.

STEP 4

Log in once — and only once

1. Ask Claude to connect to WHOOP. Your browser pops open with WHOOP's normal login page.
2. Log in and click **Allow**.
3. That's it. Your computer remembers the connection and quietly keeps it alive — you'll never need to log in again.

STEP 5

Try it out!

Ask Claude something only your WHOOP would know:

```
"What's my recovery score today?"  
"How did I sleep last night?"
```

If your real numbers come back — **you're connected**. From now on Claude can factor your recovery, sleep and strain into anything you plan together.

If something's not working

Login page bounces?	The web address from Step 1 wasn't pasted exactly. Go back to your WHOOP app settings and fix it, character for character.
Some data comes back empty?	You missed a tick-box in Step 1. Tick it on <code>developer.whoop.com</code> , then do the login (Step 4) once more.
Nothing works at all?	Ask Claude to “check my WHOOP connection status” — it will tell you exactly which piece needs attention. Often it's just Node.js needing an update.