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Note: This paragraph is punitive with regard to Soldiers. Violation by Soldiers may result in adverse administrative action and/or charges under the provisions of the UCMJ.

a. Soldiers may wear a wristwatch, a wrist identification bracelet, and a total of two rings (a wedding set is considered one ring) with Army uniforms, unless prohibited by the commander for safety or health reasons. Soldiers may also wear one activity tracker, pedometer, or heart rate monitor. Any jewelry or monitors worn by Soldiers while in uniform or in civilian clothes on duty must be conservative. Identification bracelets are limited to medical alert bracelets, and missing in action, prisoner of war, or killed in action (black or silver in color only) bracelets. Soldiers are only authorized to wear one item on each wrist while in uniform, or in civilian clothes on duty. An activity tracker, pedometer, or heart rate monitor may be worn, in addition to the one item (watch or identification bracelet) authorized to be worn on each wrist.