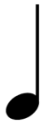
Notes & Rests

Beats given are in 4/4 time

Whole Note	Receives 4 Beats	Whole Rest
*Dotted Half Note	Receives 3 Beats	*Dotted Half Rest
Half Note	Receives 2 Beats	Half Rest
*Dotted Quarter Note	Receives 1 ½ Beats	*Dotted Quarter Rest
 Quarter Note	Receives 1 Beat	Quarter Rest
Eighth Note(s)	Receives ½ Beat	Eighth Rest
Sixteenth Note(s)	Receives ¼ Beats	Sixteenth Rest

*When a note or rest is dotted, add half of the note or rest's original value to itself.
Ex: A dotted half note is just a 2-beat note plus half of itself (1 beat) to equal three beats.

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