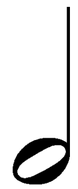
Note & Rest Values

In $\frac{4}{4}$ Meter

	Note	Rest	Value
Whole			**4 Beats**
Half			**2 Beats**
Quarter			**1 Beat**
Eighth			**1/2 Beat**
Sixteenth			**1/4 Beat**

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