Whole note = 4 beats
Half note = 2 beats
Quarter note = 1 beat
Eighth note = 1/2 a beat

Half note = 2 beats
A dot adds half the value = 3 beats

Quarter note = 1 beat

Eighth note = 1/2 a beat

Sixteenth note = 1/4 beat = 4 notes per beat

Dotted quarter adds half the value and becomes 1 quarter plus an eighth = 3 eighth notes

Dotted eighth adds half the value and becomes 1/8th plus 1/16th = 3 16th notes

Upsidedown hat = 4 beats rest
next rest = 1 beat
next 2 = 1/2 a beat

This first rest is a 1/16th rest and = to 1/4 of a beat

3 eighth note triplets = one beat