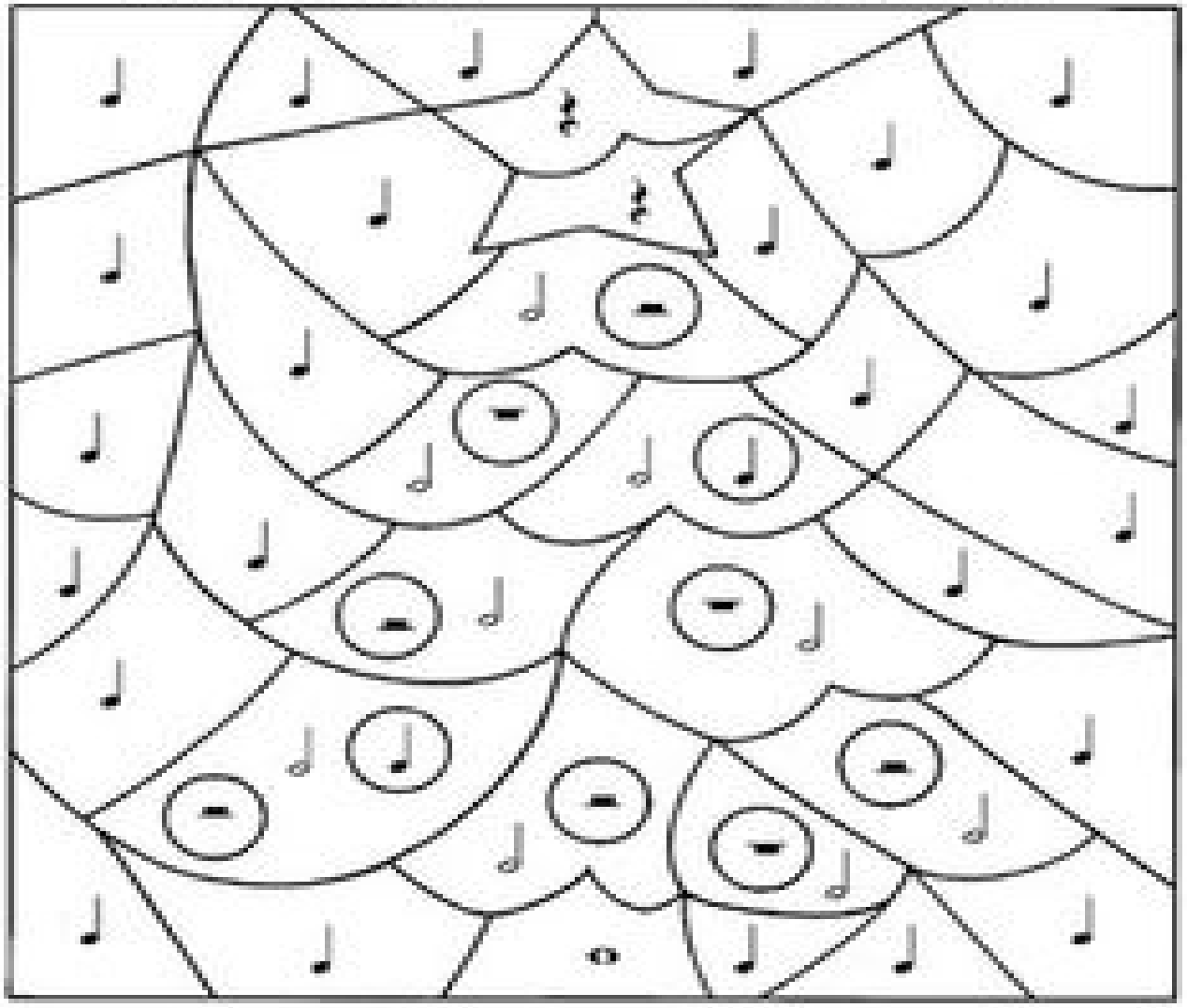
Quarter note = Blue
Half note = Green
Whole note = Brown

Quarter rest = Gold
Half rest = Red
Whole rest = Yellow