A quarter note gets 1 beat, a half note gets 2 beats, a whole note gets 4 beats, and eighth note gets ½ a beat.

Note:	Beats or Counts
Quarter note	1
Half note	2
Whole note	4
Eighth note	0.5
Sixteenth note	0.25

8 quarter notes the 1's
4 eighth notes the 0.5's

1 half note the 2's

1 whole note the 4's

