
$$E(t) = \frac{1}{2} \sum_p^P \left[\overbrace{I_p - \sum_m^M T(u_m(t)) \phi_{m,p}}^{\text{Preserve Information}} \right]^2 + \lambda \sum_m^M \overbrace{T(u_m(t))}^{\text{Limit Activations}}$$