$I \rightarrow \{I_1, I_2, I_3\}$

$j \rightarrow \{j_1, j_2, j_3\}$

$(\theta, \varphi) \rightarrow E(\theta, \varphi) = c_1 (I \sin\theta \cos\varphi - j_1)^2 + c_2 (I \sin\theta \sin\varphi - j_2)^2 + c_3 (I \cos\theta - j_3)^2$

(θ, φ) : polar angles / coordinates

$I_1 = I \sin\theta \cos\varphi$

$I_2 = I \sin\theta \sin\varphi$

$I_3 = I \cos\theta$ $\quad \{\theta, \varphi\}$

$c_1 = \frac{1}{120}$

$c_2 = \frac{1}{40}$

$c_3 = \frac{1}{60}$