$$T[\rho_{\sigma}] = -\frac{1}{2} \sum_{\sigma}^{\alpha,\beta} \sum_{p=1}^{K} \sum_{k=1}^{N_{\sigma}} (W_{kp}^{\sigma})^{2} \langle \chi_{p}^{\sigma} | \nabla^{2} | \chi_{p}^{\sigma} \rangle$$