Basic conventions

Minkowski metric tensor	Totally antisymmetric tensor	Four-momentum	Four-momentum norm	Massive rest-frame
$\eta_{\mu\nu}$	$\epsilon\eta_{\mu\nu\rho\sigma}$	k^{μ}	$k^2 == k_{\mu}\ k^{\mu}$	$n^{\mu} == \dfrac{k^{\mu}}{k}$

Fundamental field	Symmetries	Decomposition in SO(3) irreps	Source
$h_{\alpha\beta}$	Symmetry[2, $h^{\bullet 1 \bullet 2}$, {$\bullet 1 \to -a, \bullet 2 \to -b$}, StrongGenSet[{1, 2}, GenSet[(1,2)]]]	$\frac{1}{3}\ \eta_{\alpha\beta}\ h^{\#1}_{0^+} + h^{\#1}_{2^+\ \alpha\beta} + h^{\#1}_{1^-\ \beta}\ n_{\alpha} + h^{\#1}_{1^-\ \alpha}\ n_{\beta} - \frac{1}{3}\ h^{\#1}_{0^+}\ n_{\alpha}\ n_{\beta} + h^{\#2}_{0^+}\ n_{\alpha}\ n_{\beta}$	$\mathcal{T}_{\alpha\beta}$

SO(3) irrep	Symmetries	Expansion in terms of the fundamental field	Source
$h^{\#1}_{0^+}$	Symmetry[0, $h^{\#1}_{0^+}$, {}, StrongGenSet[{}, GenSet[]]]	$h^{\alpha}{}_{\alpha} - h_{\alpha\beta}\ n^{\alpha}\ n^{\beta}$	$\mathcal{T}^{\#1}_{0^+}$
$h^{\#2}_{0^+}$	Symmetry[0, $h^{\#2}_{0^+}$, {}, StrongGenSet[{}, GenSet[]]]	$h_{\alpha\beta}\ n^{\alpha}\ n^{\beta}$	$\mathcal{T}^{\#2}_{0^+}$
$h^{\#1}_{2^+\ \alpha\beta}$	Symmetry[2, $h^{\#1\ \bullet 1 \bullet 2}_{2^+}$, {$\bullet 1 \to -a, \bullet 2 \to -b$}, StrongGenSet[{1, 2}, GenSet[(1,2)]]]	$h_{\alpha\beta} - \frac{1}{3}\ \eta_{\alpha\beta}\ h^{\chi}{}_{\chi} + \frac{1}{3}\ h^{\chi}{}_{\chi}\ n_{\alpha}\ n_{\beta} - h_{\beta\chi}\ n_{\alpha}\ n^{\chi} - h_{\alpha\chi}\ n_{\beta}\ n^{\chi} + \frac{1}{3}\ \eta_{\alpha\beta}\ h_{\chi\delta}\ n^{\chi}\ n^{\delta} + \frac{2}{3}\ h_{\chi\delta}\ n_{\alpha}\ n_{\beta}\ n^{\chi}\ n^{\delta}$	$\mathcal{T}^{\#1}_{2^+\ \alpha\beta}$
$h^{\#1}_{1^-\ \alpha}$	Symmetry[1, $h^{\#1\ \bullet 1}_{1^-}$, {$\bullet 1 \to -a$}, StrongGenSet[{}, GenSet[]]]	$h_{\alpha\beta}\ n^{\beta} - h_{\beta\chi}\ n_{\alpha}\ n^{\beta}\ n^{\chi}$	$\mathcal{T}^{\#1}_{1^-\ \alpha}$