$$C_r = \sum_{m=1}^{12} \left\{ \sum_{i=1}^{j \text{ or } k} \left[\left(F_{sf} \right)_{i,m} * \left(CC_{sf} \right)_{i,m} - \left(P_{sp} \right)_{i,m} * \left(CC_{sp} \right)_{i,m} \right] \right\} \qquad \text{(Eq. X-3)}$$