The diagram illustrates the energy components $U_E$ and $U_B$ over time $t$. The total energy $U_{total}$ is shown as the superposition of $U_E$ and $U_B$. The graph is divided into intervals $\frac{1}{4}T$, $\frac{1}{2}T$, $\frac{3}{4}T$, and $T$, indicating different phases of the oscillation. The figure also includes an annotation indicating that $U_E$ is due to the $E$ field and $U_B$ is due to the $B$ field.