Using Excel for a quick fit
The X-Y scatter plot below was created using Microsoft Excel.

![Least squares linear regression fit to data using Trendline in MS Excel](image)

The least squares linear regression line and equation were then added using the Add Trendline command of the Chart menu (you must click on the chart to select it before the Chart menu becomes available).

For a linear regression choose the Linear box. You may want to use other least squares fits for your particular data. Click on the option tab and select the bottom two boxes to display the equation and the fraction of the total variance explained by regression, $R^2$, on your graph. The text of these equations can be edited to give appropriate names and significant figures.