Creating Charts (Graphs) in Excel 7.0

The best option is to create the graph after entering/importing your data into the Excel spreadsheet. You need to put the "x" (independent) data and "y" (dependent) data in either rows or columns, then "select" the cells in the spreadsheet. Next, select the "Insert" tab from the top menu, then select the type of chart you want to display.

In the example below 2 columns representing time and associated distance were chosen, and then a "Scatter" line plot chart type was inserted. Note that Excel correctly assumed the first column was the "x" data and the second was the "y" data. The chart was given a default title of Distance representing the "y" or dependent variable.
To change the selection of the "x" and "y" data, use the mouse, right click on the chart, which opens up the chart editing window -

Then select the "Select Data" option, which opens up the Edit Series window -

The select the "Edit" option that opens up a window that allows you to select or change the "x" and "y" data that you want to graph.
To add labels to the chart select the chart with the left mouse button and then select "Layout" from the top menu, which will open a number of options for formatting the chart -

Experiment with these different options as needed.

Below we have added Axis Labels and a more appropriate title -
Trend lines, Fitting a Line/ Curve to Data

Once you have graphed your data, you may need to do fit a trend line to your data points. Select the chart with the mouse, then the "Layout" menu and then the "Trend line" option, which opens up the various fit options,

Select "More Trend line Options" from the Trend line dropdown, which opens up the complete Trend line options menu.

Select Linear fit (most often used) and other options as needed.
Chose "Display Equation on Chart", which uses $y = mx + b$, equation for a straight line.

Distance vs. Time

Distance (m) vs. Time (s)

$y = 0.5981x - 0.9346$