X	Y	X*Y	X²	Y²
68	74	5032	4624	5476
87	79	6873	7569	6241
75	80	6000	5625	6400
91	93	8463	8281	8649
82	88	7216	6724	7744
77	79	6083	5929	6241
86	97	8342	7396	9409
82	95	7790	6724	9025
75	89	6675	5625	7921
79	92	7268	6241	8464
Sum = 802	866	69742	64738	75570

Based on the above table, the following is calculated:

$$\bar{X} = \frac{1}{n} \sum_{i=1}^{n} X_i = \frac{802}{10} = 80.2$$

$$\bar{Y} = \frac{1}{n} \sum_{i=1}^{n} Y_i = \frac{866}{10} = 86.6$$

$$SS_{XX} = \sum_{i=1}^{n} X_i^2 - \frac{1}{n}\left(\sum_{i=1}^{n} X_i\right)^2 = 64738 - 802^2/10 = 417.6$$

$$SS_{YY} = \sum_{i=1}^{n} Y_i^2 - \frac{1}{n}\left(\sum_{i=1}^{n} Y_i\right)^2 = 75570 - 866^2/10 = 574.39999999999$$

$$SS_{XY} = \sum_{i=1}^{n} X_i Y_i - \frac{1}{n}\left(\sum_{i=1}^{n} X_i\right)\left(\sum_{i=1}^{n} Y_i\right) = 69742 - 802 \times 866/10 = 288.8$$

Therefore, based on the above calculations, the regression coefficients (the slope m, and the y-intercept n) are obtained as follows:

$$m = \frac{SS_{XY}}{SS_{XX}} = \frac{288.8}{417.6} = 0.6916$$

$$n = \bar{Y} - \bar{X} \cdot m = 86.6 - 80.2 \times 0.6916 = 31.136$$

Therefore, we find that the regression equation is:

$$Y = 31.136 + 0.6916X$$