Simplest Table. You can adapt this for writing in the column.

cell1	cell2	cell3
cell4	cell5	cell6
cell7	cell8	cell9

In the \begin{tabular}{} we add | in between the **c**. \hline create horizontal line. Add it at the top and bottom resulting in a border.

cell1	cell2	cell3
cell4	cell5	cell6
cell7	cell8	cell9

Be creative and you can have a table head.

cell1	**cell2**	**cell3**
cell4	cell5	cell6
cell7	cell8	cell9

Now, this is too fancy but it is good for future referencing.

Col1	Col2	Col2	Col3
1	6	87837	787
2	7	78	5415
3	545	778	7507
4	545	18744	7560
5	88	788	6344

Writing a table from scratch is tedious. Use `https://www.tablesgenerator.com`

Now, full version with captioning and referencing table 1.

Col1	Col2	Col2	Col3
1	6	87837	787
2	7	78	5415
3	545	778	7507
4	545	18744	7560
5	88	788	6344

Table 1: Your caption.