Viewer document and importing tables into tex

This is what a typical viewer looks like for me; a simple tex document where I can input tables and figures. Note that calling these tables in the actual paper is exactly the same "shell".

Table 1: Main regressions

	Simple	Expanded	Pro
Age	151.495	124.453	-72.298
0 -	(198.006)	(221.682)	(187.837)
Sex		70.410	-209.527
		(249.324)	(214.293)
BMI			1033.386***
			(216.534)
N	50	50	50
Adj. R^2	-0.01	-0.03	0.30
* p < 0.1, ** p < 0.05, *** p < 0.01			

Notes: