The three stages of the reproducible workflow are: data preparation, data analysis, and data communication. Here's an example of how these stages could be implemented for the given table:

**Data Preparation**

In this stage, we'll focus on cleaning and preparing the raw data.

Work to be done:

* Check for missing values
* Check for outliers and errors
* Add any necessary metadata or annotations

Folder structure:

* data/
  + raw\_data/
    - height\_weight\_age.csv
  + processed\_data/
    - height\_weight\_age\_cleaned.csv

**Data Analysis**

In this stage, we'll perform exploratory data analysis and create visualizations to gain insights from the data.

Work to be done:

* Generate descriptive statistics
* Create visualizations to explore relationships between variables
* Perform any necessary statistical analyses

Folder structure:

* analysis/
  + descriptive\_statistics.ipynb
  + data\_visualization.ipynb
  + statistical\_analysis.ipynb
  + figures/
    - histogram\_height.png
    - scatterplot\_height\_weight.png
    - boxplot\_frailty\_grip\_strength.png

**Data Communication**

In this stage, we'll communicate our findings and insights from the data.

Work to be done:

* Create a report summarizing the data and analysis
* Create visualizations and graphics to support the report
* Share the report and visuals with stakeholders

Folder structure:

* report/
  + report.md
  + figures/
    - histogram\_height.png
    - scatterplot\_height\_weight.png
    - boxplot\_frailty\_grip\_strength.png
    - summary\_table.png