

With tabularx

Adjustments	Height	Weight
Human Male	+0"	100%
Human Female	-4"	80%
Orc Male	-4"	110%
Orc Female	-6"	100%
Elf Male	+5"	80%
Elf Female	+2"	65%

With tblr

Adjustments	Height	Weight
Human Male	+0"	100%
Human Female	-4"	80%
Orc Male	-4"	110%
Orc Female	-6"	100%
Elf Male	+5"	80%
Elf Female	+2"	65%

Using custom font

Adjustments	Height	Weight
Human Male	+0"	100%
Human Female	-4"	80%
Orc Male	-4"	110%
Orc Female	-6"	100%
Elf Male	+5"	80%
Elf Female	+2"	65%