

NFL Week 1 Pick Sheet

2026 - Sunday, September 13 and Monday, September 14

Matchup	Spread	O/U	My Pick	Score
Saints at Lions	Lions -7.5	50.0		
Bears at Panthers	Bears -2.5	47.0		
Ravens at Colts	Ravens -3.5	48.0		
Bills at Texans	Texans -0.5	44.5		
Falcons at Steelers	Steelers -3.5	42.0		
Buccaneers at Bengals	Bengals -4.5	50.5		
Browns at Jaguars	Jaguars -8.5	40.5		
Jets at Titans	Titans -1.5	39.5		
Commanders at Eagles	Eagles -5.5	44.5		
Packers at Vikings	Vikings -1.5	46.0		
Cardinals at Chargers	Chargers -10.5	47.0		
Dolphins at Raiders	Raiders -3.5	40.5		
Cowboys at Giants (SNF)	Cowboys -2.5	48.0		
Broncos at Chiefs (MNF)	Chiefs -2.5	43.5		

Spreads via the SportsBrackets Week 1 pick'em sheet, current as of publish. Lines move - check for the latest.