

2026 NFL Week 7 Pick'em Sheet (with Odds)

Oct 22-26 | Spreads, totals and moneylines | Last updated October 20, 2026

DATE	MATCHUP (Away at Home)	SPREAD	O/U	ML (Away/Home)	MY PICK
Thu Oct 22	New England Patriots at Chicago Bears	Bears -3.5	51.0	+140 / -165	
Sun Oct 25	Pittsburgh Steelers at New Orleans Saints	Steelers -3.5	44.5	-180 / +155	
Sun Oct 25	Cincinnati Bengals at Baltimore Ravens	Ravens -3.5	51.0	+130 / -150	
Sun Oct 25	Cleveland Browns at Tennessee Titans	Browns -1.5	38.5	-125 / +110	
Sun Oct 25	Indianapolis Colts at Minnesota Vikings	Vikings -6.5	41.5	+225 / -270	
Sun Oct 25	Miami Dolphins at New York Jets	Jets -4.5	39.0	+190 / -230	
Sun Oct 25	New York Giants at Houston Texans	Texans -10.5	43.0	+350 / -455	
Sun Oct 25	San Francisco 49ers at Atlanta Falcons	Falcons -0.5	OFF	-105 / -105	
Sun Oct 25	Tampa Bay Buccaneers at Carolina Panthers	Panthers -3.5	44.5	+145 / -165	
Sun Oct 25	Denver Broncos at Arizona Cardinals	Broncos -4.5	43.5	-215 / +180	
Sun Oct 25	Green Bay Packers at Detroit Lions	Lions -3.5	53.5	+150 / -170	
Sun Oct 25	Los Angeles Rams at Las Vegas Raiders	Rams -4.5	48.0	-210 / +180	
Sun Oct 25	Kansas City Chiefs at Seattle Seahawks	Seahawks -2.5	42.5	+120 / -140	
Mon Oct 26	Dallas Cowboys at Philadelphia Eagles	Cowboys -4.5	44.0	-220 / +185	

On bye: Buffalo, Jacksonville, Los Angeles Chargers, Washington. Leave bye teams off your sheet this week.

Tiebreaker: total combined points in the Monday night game, Dallas Cowboys at Philadelphia Eagles (Mon Oct 26).

How to use: circle the team you think covers the spread in each game, then total your correct picks. Spread picks win if your team beats the number; straight pick'em pools can ignore the spread and just pick the winner.