

2026 NFL Week 7 Pick'em Sheet

Spreads, Totals & Moneylines • October 22-26, 2026

Lines updated September 29, 2026. Home team listed second; spread names the favorite.

DATE	MATCHUP (AWAY AT HOME)	SPREAD	O/U	ML (A/H)	MY PICK
Thu Oct 22	New England Patriots at Chicago Bears	Bears -1.5	47.5	+105 / -125	
Sun Oct 25	Pittsburgh Steelers at New Orleans Saints	Steelers -2.5	42.5	-140 / +120	
Sun Oct 25	Cincinnati Bengals at Baltimore Ravens	Ravens -3.5	51.5	+160 / -190	
Sun Oct 25	Cleveland Browns at Tennessee Titans	Titans -2.5	40.5	+115 / -135	
Sun Oct 25	Indianapolis Colts at Minnesota Vikings	Vikings -2.5	46.5	+120 / -140	
Sun Oct 25	Miami Dolphins at New York Jets	Jets -2.5	41.5	+120 / -140	
Sun Oct 25	New York Giants at Houston Texans	Texans -5.5	43.5	+200 / -245	
Sun Oct 25	San Francisco 49ers at Atlanta Falcons	49ers -4.5	47.5	-225 / +185	
Sun Oct 25	Tampa Bay Buccaneers at Carolina Panthers	Buccaneers -1.5	45.5	-125 / +105	
Sun Oct 25	Denver Broncos at Arizona Cardinals	Broncos -7.5	43.5	-375 / +295	
Sun Oct 25	Green Bay Packers at Detroit Lions	Lions -2.5	50.5	+120 / -140	
Sun Oct 25	Los Angeles Rams at Las Vegas Raiders	Rams -7.5	46.5	-340 / +270	
Sun Oct 25	Kansas City Chiefs at Seattle Seahawks	Seahawks -3.5	45.5	+140 / -165	
Mon Oct 26	Dallas Cowboys at Philadelphia Eagles	Eagles -3.5	48.5	+135 / -160	

On bye: Buffalo Bills, Jacksonville Jaguars, Los Angeles Chargers, Washington Commanders

Tiebreaker: total combined points in the Monday night game, Dallas Cowboys at Philadelphia Eagles.

For entertainment only. Must be 21+ and physically present where sports betting is legal. Problem gambling? Call 1-800-GAMBLER.