

2026 NFL Week 8 Pick'em Sheet (with Odds)

Oct 29 - Nov 2 | Spreads, totals and moneylines | Last updated October 20, 2026

DATE	MATCHUP (Away at Home)	SPREAD	O/U	ML (Away/Home)	MY PICK
Thu Oct 29	Carolina Panthers at Green Bay Packers	Packers -7.5	45.5	+260 / -325	
Sun Nov 1	Arizona Cardinals at Dallas Cowboys	Cowboys -10.5	47.5	+400 / -535	
Sun Nov 1	Atlanta Falcons at Tampa Bay Buccaneers	Buccaneers -4.5	46.5	+185 / -225	
Sun Nov 1	Baltimore Ravens at Buffalo Bills	Bills -2.5	51.5	+120 / -140	
Sun Nov 1	Cleveland Browns at Pittsburgh Steelers	Steelers -6.5	39.5	+215 / -265	
Sun Nov 1	Indianapolis Colts at Jacksonville Jaguars	Jaguars -4.5	49.5	+190 / -230	
Sun Nov 1	Las Vegas Raiders at New York Jets	Jets -1.5	40.5	+105 / -125	
Sun Nov 1	Minnesota Vikings at Detroit Lions	Lions -4.5	47.5	+185 / -225	
Sun Nov 1	Tennessee Titans at Cincinnati Bengals	Bengals -6.5	49.5	+235 / -290	
Sun Nov 1	Los Angeles Chargers at Los Angeles Rams	Rams -4.5	48.5	+165 / -200	
Sun Nov 1	Kansas City Chiefs at Denver Broncos	Broncos -1.5	43.5	+105 / -125	
Sun Nov 1	New England Patriots at Miami Dolphins	Patriots -7.5	45.5	-355 / +280	
Sun Nov 1	Philadelphia Eagles at Washington Commanders	Eagles -1.5	46.5	-125 / +105	
Mon Nov 2	Chicago Bears at Seattle Seahawks	Seahawks -4.5	47.5	+180 / -220	

On bye: Houston, New York Giants, New Orleans, San Francisco. Leave bye teams off your sheet this week.

Tiebreaker: total combined points in the Monday night game, Chicago Bears at Seattle Seahawks (Mon Nov 2). _____

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.