

2026 NFL Week 8 Pick'em Sheet

Spreads, Totals & Moneylines • October 29 - November 2, 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 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 Texans, New York Giants, New Orleans Saints, San Francisco 49ers

Tiebreaker: total combined points in the Monday night game, Chicago Bears at Seattle Seahawks.

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