

Pick'em with Confidence Points

2026 WEEK 7 | STANDARD EXPERT PICKS

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Highest confidence first. Last 4 is newest first. Records are entering the week.

#16



IND at MIN

Sun Oct 25 - 1:00 PM ET

**Indianapolis Colts**

Record 2-4 | Power Rank #26

LAST 4 L 20-26 TEN L 22-34 PIT W 30-13 WAS W 19-17 HOU

Indianapolis needs a response that goes beyond pointing to isolated productive plays. Minnesota will test whether the Colts can protect the passer and distribute work efficiently when a preferred option is unavailable.

MIN favored by 6.5 pts

MFT Index #12.00

**Minnesota Vikings**

Record 5-0 | Power Rank #4

LAST 4 W 23-13 NO W 15-10 MIA W 23-16 TB W 9-3 CHI

Minnesota returns from a bye with a strong record and room to make its offense more efficient. Indianapolis should test whether the Vikings can finish drives without depending on a narrow distribution of touches.

PICK

#15



NYG at HOU

Sun Oct 25 - 1:00 PM ET

**New York Giants**

Record 3-2-1 | Power Rank #20

LAST 4 L 27-34 NO T 27-27 WAS W 36-24 ARI W 12-7 TEN

The Giants need a clear quarterback plan and an offense that can keep pace without becoming reckless.

HOU favored by 10 pts

MFT Index #10.75

**Houston Texans**

Record 2-4 | Power Rank #17

LAST 4 W 34-31 JAX W 26-3 TEN L 30-34 DAL L 17-19 IND

Houston heads home from London with renewed offensive momentum and a chance to make its recent progress matter in the standings.

PICK

#14



DEN at ARI

Sun Oct 25 - 4:05 PM ET

**Denver Broncos**

Record 4-2 | Power Rank #5

LAST 4 W 17-14 SEA W 23-17 LAC L 14-24 SF W 30-26 LA

Denver has earned credit for winning while its offense remains a work in progress. The Arizona trip asks the Broncos to turn defensive stops into more reliable field position and easier passing situations.

DEN favored by 4.5 pts

MFT Index #9.50

**Arizona Cardinals**

Record 2-4 | Power Rank #25

LAST 4 W 18-16 LA L 21-45 DET L 24-36 NYG L 30-36 SF

Arizona can use the road win over the Rams as evidence that disciplined football still produces opportunities.

PICK

#13



SF at ATL

Sun Oct 25 - 1:00 PM ET

**San Francisco 49ers**

Record 6-0 | Power Rank #1

LAST 4 W 23-17 WAS W 32-29 SEA W 24-14 DEN W 36-30 ARI

Receiving depth now deserves more attention than the unbeaten label.

SF favored by 3 pts

MFT Index #8.75

**Atlanta Falcons**

Record 2-4 | Power Rank #24

LAST 4 L 23-31 CHI L 23-30 BAL W 45-24 NO W 35-14 GB

Atlanta showed enough late resistance to avoid writing off its offense, but that cannot become an excuse for another slow start. San Francisco asks the Falcons to execute before the scoreboard forces obvious passing situations.

PICK

#12



TB at CAR

Sun Oct 25 - 1:00 PM ET

**Tampa Bay Buccaneers**

Record 1-5 | Power Rank #30

LAST 4 L 19-26 PIT W 24-16 DAL L 14-17 GB L 16-23 MIN

Tampa Bay needs to turn the signs of life in its offense into a complete divisional performance.

CAR favored by 3.5 pts

MFT Index #7.18

**Carolina Panthers**

Record 3-2 | Power Rank #15

LAST 4 W 25-14 PHI W 32-26 DET L 18-21 CLE W 34-3 ATL

Carolina has a chance to turn recent quarterback progress into a more durable division advantage. Tampa Bay will challenge the Panthers to handle expectations rather than merely play the underdog.

PICK

#11



MIA at NYJ

Sun Oct 25 - 1:00 PM ET

**Miami Dolphins**

Record 0-5 | Power Rank #32

LAST 4 L 24-31 CIN L 10-15 MIN L 10-24 KC L 13-35 SF

Miami returns from a bye with a divisional game that can offer a clearer measure of its adjustments. The Jets will challenge the Dolphins to sustain drives instead of depending on isolated skill-position production.

NYJ favored by 4.5 pts

MFT Index #5.69

**New York Jets**

Record 2-4 | Power Rank #27

LAST 4 L 19-26 NE W 17-12 CLE L 12-23 CHI L 24-31 DET

The Jets have an opportunity to build around young contributors against a division opponent coming off a bye. Miami still requires preparation, even if its record encourages easy conclusions.

PICK

#10



CLE at TEN

Sun Oct 25 - 1:00 PM ET

**Cleveland Browns**

Record 4-2 | Power Rank #13

LAST 4 W 13-10 BAL L 12-17 NYJ W 27-24 PIT W 21-18 CAR

Cleveland has earned a more serious place in the division discussion through defensive resistance rather than overwhelming scoring.

CLE favored by 1.5 pts

MFT Index #5.25

**Tennessee Titans**

Record 1-5 | Power Rank #28

LAST 4 W 26-20 IND L 3-26 HOU L 18-24 BAL L 7-12 NYG

Tennessee finally has a result to build on, and the next test is whether that energy produces repeatable offensive choices. Cleveland can turn an impatient attack into a difficult afternoon.

PICK

Logo beside each number = expert pick. "Favored by" describes the market line.

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Outlooks checked 2026-10-20; recheck injuries before kickoff. myfootballtoolbox.com/nfl/pickem/

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#9 	PIT vs NO Sun Oct 25 - 9:30 AM ET Pittsburgh Steelers Record 4-2 Power Rank #16 LAST 4 W 26-19 TB W 34-22 IND L 24-27 CLE W 30-27 CIN Pittsburgh has won enough to demand respect without completely resolving questions about its offensive ceiling.	PIT favored by 3.5 pts MFT Index #5.25 New Orleans Saints Record 2-4 Power Rank #23 LAST 4 W 34-27 NYG L 13-23 MIN L 24-45 ATL L 27-35 LV New Orleans should carry confidence from its road win without assuming its offensive roles have become predictable. Pittsburgh can make every stalled possession expensive, especially if the Saints cannot maintain balance.
#8 	LA at LV Sun Oct 25 - 4:25 PM ET Los Angeles Rams Record 2-4 Power Rank #18 LAST 4 L 16-18 ARI L 34-37 BUF W 24-20 PHI L 26-30 DEN The Rams need to treat the next possession as a repair job rather than lean on their preseason reputation. A visit to Las Vegas begins a stretch in which lost opportunities can become difficult to recover.	LA favored by 4.5 pts MFT Index #4.75 Las Vegas Raiders Record 3-3 Power Rank #19 LAST 4 L 30-33 BUF L 17-45 NE L 27-30 KC W 35-27 NO Las Vegas has a chance to interrupt a difficult run against another team looking for stability. The Rams matchup rewards a coherent offensive plan rather than assuming the opponent troubles will solve themselves.
#7 	DAL at PHI Mon Oct 26 - 8:15 PM ET Dallas Cowboys Record 2-4 Power Rank #21 LAST 4 L 13-23 GB L 16-24 TB W 34-30 HOU L 31-34 BAL Dallas still has room to repair its division position, but that should not excuse an offense operating below its capability. Philadelphia is a direct opportunity to turn urgency into cleaner execution.	DAL favored by 4.5 pts MFT Index #4.70 Philadelphia Eagles Record 2-4 Power Rank #22 LAST 4 L 14-25 CAR L 17-19 JAX L 20-24 LA L 7-27 CHI Philadelphia faces a quarterback disruption that changes both the passing outlook and the pressure on its remaining offensive pieces.
#6 	NE at CHI Thu Oct 22 - 8:15 PM ET New England Patriots Record 4-2 Power Rank #8 LAST 4 W 26-19 NYJ W 45-17 LV W 29-26 BUF L 6-35 JAX Drake Maye has given New England a more convincing offensive identity, but the short trip to Chicago is a different test from celebrating recent production. The Patriots must maintain timing if receiver availability changes.	CHI favored by 3 pts MFT Index #2.00 Chicago Bears Record 4-2 Power Rank #12 LAST 4 W 31-23 ATL L 7-31 GB W 23-12 NYJ W 27-7 PH Chicago regained momentum in Atlanta and now has a chance to show that its offense can sustain that response.
#5 	CIN at BAL Sun Oct 25 - 1:00 PM ET Cincinnati Bengals Record 3-2 Power Rank #9 LAST 4 W 31-24 MIA L 17-22 JAX L 27-30 PIT W 20-6 HOU Cincinnati comes out of its bye with a divisional opportunity that can change the tone of its season. Baltimore demands disciplined protection and patience when explosive throws are unavailable.	BAL favored by 2.5 pts MFT Index #1.98 Baltimore Ravens Record 4-2 Power Rank #11 LAST 4 L 10-13 CLE W 30-23 ATL W 24-18 TEN W 34-31 DAL Baltimore needs to separate a quarterback availability question from the rest of its offensive responsibilities. Cincinnati will force whichever passer starts to work through pressure and contested situations.
#4 	GB at DET Sun Oct 25 - 4:25 PM ET Green Bay Packers Record 4-2 Power Rank #10 LAST 4 W 23-13 DAL W 31-7 CHI W 17-14 TB L 14-35 ATL Green Bay brings encouraging work on both sides of the ball into a divisional road game. Detroit will test whether the defensive improvement can travel while the Packers continue to generate passing-game explosives.	DET favored by 3 pts MFT Index #1.98 Detroit Lions Record 3-2 Power Rank #14 LAST 4 W 45-21 ARI L 26-32 CAR W 31-24 NYJ L 31-41 BUF Detroit comes off a needed bye into a stretch that can reshape the division. Green Bay makes pass protection and defensive communication immediate priorities, rather than abstract areas for improvement.
#3 	KC at SEA Sun Oct 25 - 8:20 PM ET Kansas City Chiefs Record 5-0 Power Rank #2 LAST 4 W 22-6 LAC W 30-27 LV W 24-10 MIA W 33-30 IND The running game gives Kansas City an unusually sturdy foundation while its passing combinations develop.	SEA favored by 2.5 pts MFT Index #1.25 Seattle Seahawks Record 3-3 Power Rank #7 LAST 4 L 14-17 DEN L 29-32 SF W 30-23 LAC L 31-33 WAS Seattle faces a difficult balance between protecting the football and preserving the explosive passing plays that make its offense dangerous.

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