

Sunday, 16 November 2025

Seven takes the crown, 7NEWS #1 program of the week

- **Seven #1 nationally in total TV**
- **Seven #1 in all people, 25 to 54s, grocery shoppers**
- **National total TV audience share, 6.00pm to midnight: 42.3%**
- **National total TV audience share, 6.00am to midnight: 42.1%**
- **#1 in broadcast TV nationally and in the capital cities**
- **7plus: #1 in streaming**
- **#1 news, #1 drama, #1 lifestyle show, #1 at breakfast**
- **#1 program of the week: 7NEWS Sunday, reached 2.16 million**
- **#1 entertainment show: My Kitchen Rules Sunday, reached 1.99 million**

WEEK 46, 2025 HIGHLIGHTS:

Seven Network reaches 11.33 million Australians nationally.

6.00pm to midnight:

Seven Network: #1 nationally in total TV in all people.

Seven Network: #1 nationally in total TV in 25 to 54s.

Seven Network: #1 nationally in total TV in grocery shoppers.

Seven Network: #1 nationally and in the capital cities in broadcast TV share.

6.00am to midnight:

Seven Network: #1 nationally in total TV in all people.

Seven Network: #1 nationally in total TV in 25 to 54s.

Seven Network: #1 nationally in total TV in grocery shoppers.

[7plus](#): #1 in streaming. 42% commercial share, up from 41.4% in the same week in 2024.

#1 news (**7NEWS**), #1 local drama (**Home and Away**).

#1 lifestyle program (**Better Homes and Gardens**).

Sunrise and **Weekend Sunrise** dominate breakfast TV, #1 every single day of the week.

#1 news program in total TV audience: **7NEWS**, Monday to Friday and Sunday.

#1 entertainment show in total TV audience: **My Kitchen Rules** Monday.

#1 drama in total TV audience: **Home and Away**.

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	42.3	35.9	42.6
Nine Network	35.5	34.5	35.6
Network Ten	22.2	29.5	21.8

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	42.1	38.1	43.4
Nine Network	38.1	36.8	38.2
Network Ten	19.9	25.0	19.4

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SEVEN'S TOP 35:

1. **7NEWS** Sunday: #1 program in all people and grocery shoppers. National reach 2.16 million, national audience 1.34 million.
2. **7NEWS** Monday: #1 program in total TV, #1 program in grocery shoppers. National reach 2.08 million, national audience 1.31 million.
3. **7NEWS** Tuesday: #1 program in all people and grocery shoppers. National reach 1.99 million, national audience 1.27 million.
4. **My Kitchen Rules** Sunday: #1 entertainment program. National reach 1.99 million, national audience 1.01 million.
5. **7NEWS** Thursday: #1 program in all people and grocery shoppers. National 1.9 million, national audience 1.21 million.
6. **7NEWS** Wednesday: #1 program in all people and grocery shoppers. National reach 1.88 million, national audience 1.18 million.
7. **My Kitchen Rules** Monday: #1 entertainment program. National reach 1.79

million, national audience 1.07 million. Up 71% on 7plus year-on-year.

8. **7NEWS Friday**: #1 program in all people and grocery shoppers. National reach 1.63 million, national audience 1.05 million.
9. **7NEWS Saturday**: National 1.51 million, national audience 958,000.
10. **Better Homes and Gardens**: #1 entertainment program, #1 lifestyle program. National reach 1.48 million, national audience 637,000.
11. **Royal Edinburgh Military Tattoo**: National reach 1.36 million, national audience 445,000.
12. **Home and Away Monday**: #1 drama. National reach 1.35 million, national audience 919,000.
13. **Home and Away Tuesday**: #1 entertainment program. National reach 1.32 million, national audience 894,000.
14. **The 1% Club**: National reach 1.31 million, national audience 691,000.
15. **Home and Away Wednesday**: #1 drama. National reach 1.3 million, national audience 835,000.
16. **The Girl Who Caught A Killer**: National reach 1.22 million, national audience 549,000.
17. **The Chase Australia Monday**: National reach 1.19 million, national audience 564,000.
18. **The Chase Australia Tuesday**: National reach 1.18 million, national audience 573,000.
19. **RFDS (episode 1)**: National reach 1.15 million, national audience 761,000. Up 36% on the same episode in 2023.
20. **The Chase Australia Thursday**: National reach 1.14 million, national audience 568,000.
21. **Home and Away Thursday**: #1 drama. National reach 1.1 million, national audience 789,000.
22. **The Chase Australia Wednesday**: National reach 1.07 million, national audience 537,000.
23. **Jason Bourne**: National reach 1.07 million, national audience 243,000.
24. **The Chase Australia Friday**: National reach 1.06 million, national audience 514,000.
25. **RFDS (Episode 2)**: National reach 1.05 million, national audience 707,000. Up 38% on the same episode in 2023.
26. **The Rookie**: National reach 1.05 million, national audience 472,000.
27. **Healthy, Wealthy & Wise**: National reach 979,000, national audience 344,000.
28. **Sunrise Tuesday**: #1 breakfast program. National reach 954,000, national audience 407,000. 39% more viewers than *Today*.
29. **Sunrise Monday**: #1 breakfast program. National reach 946,000, national audience 433,000. 42% more viewers than *Today*.
30. **Sunrise Friday**: #1 breakfast program. National reach 919,000, national audience 406,000. 30% more viewers than *Today*.
31. **Independence Day Resurgence**: National reach 896,000, national audience

200,000.

32. Sunrise Wednesday: #1 breakfast program. National reach 886,000, national audience 405,000. 34% more viewers than *Today*.

33. Sunrise Thursday: #1 breakfast program. National reach 884,000, national audience 386,000. 24% more viewers than *Today*.

34. Home and Away Thursday (Episode 3): National reach 874,000, national audience 693,000.

35. Home and Away Thursday (Episode 2): National reach 857,000, national audience 701,000.

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About the Seven Network

The Seven Network is part of Seven West Media (ASX: SWM), one of Australia's most prominent media companies, with a market-leading presence across broadcast television, publishing and digital. The Seven Network alone reaches 17.5 million people a month.

Seven West Media owns some of Australia's most renowned media businesses and platforms, including the Seven Network and its affiliate channels 7two, 7mate, 7flix and 7Bravo; [7plus](#); [7NEWS.com.au](#); *The West Australian*; *The Sunday Times*; [PerthNow](#); [The Nightly](#); and [Streamer](#).

The Seven Network is home to Australia's most loved news, sport and entertainment programming, including **7NEWS**, **7NEWS Spotlight**, **Sunrise**, **The Morning Show**, **The Voice**, **Home and Away**, **Australian Idol**, **My Kitchen Rules**, **Farmer Wants A Wife**, **The Chase Australia**, **Better Homes and Gardens**, **The 1% Club**, **The Front Bar** and the **TV WEEK Logie Awards**. The Seven Network is also the broadcast partner of the **AFL**, **Cricket Australia**, **Supercars**, the **2026 Rugby League World Cup** and the **Glasgow 2026 Commonwealth Games**.

Source: OzTAM VOZ national total TV, overnight program reach (broadcast TV 1 min/BVOD 15 sec), national average audience. Share based on "when watched" 1800-2400. #1 programs based on reach on day of broadcast, unless otherwise noted.