

Ratings Release

Sunday, 31 May 2026

Seven wins the week, 7NEWS #1, 7plus #1 in VOD

- Seven #1 nationally in total TV
- Seven #1 in all people and grocery shoppers
- National total TV audience share, 6.00am to midnight: 41.8%
- National total TV audience share, 6.00pm to midnight: 38.9%
- 7plus: #1 in VOD
- #1 news, #1 drama, #1 lifestyle show, #1 at breakfast
- #1 program: 7NEWS Monday, reached 2.41 million
- #1 sport program: AFL Friday Night Football, reached 1.92 million
- #1 entertainment show: The 1% Club, reached 1.79 million

WEEK 22, 2026 HIGHLIGHTS:

Seven Network reaches 11.74 million Australians nationally.

6.00am to midnight:

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

[7plus](#): #1 in VOD with a 48.2% commercial share. 39.6% share in BVOD, up from 39.1% in the same week in 2025.

#1 in news: **7NEWS**.

#1 sport: **AFL Friday Night Football**.

#1 in 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.

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	41.8	37.7	42.2



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Nine Network	40.9	43.3	40.5
Network Ten	17.3	19.0	17.3

NATIONAL TOTAL TV COMMERCIAL SHARES (%): 6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	38.9	32.7	39.4
Nine Network	42.6	46.7	41.8
Network Ten	18.6	20.7	18.9

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SEVEN'S TOP 35:

1. **7NEWS Monday:** #1 program in all people, 25 to 54s, 16 to 39s and grocery shoppers. National reach 2.41 million, national audience 1.57 million. Up 4% year-on-year in total TV, up 85% on 7plus.
2. **7NEWS Sunday:** #1 program in all people and grocery shoppers. National reach 2.36 million, national audience 1.53 million. Biggest Sunday audience of 2026.
3. **7NEWS Wednesday:** #1 news program in total TV. National reach 2.31 million, national audience 1.5 million.
4. **7NEWS Tuesday:** #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.29 million, national audience 1.52 million.
5. **7NEWS Thursday:** #1 program in total TV. National reach 2.13 million, national audience 1.39 million.
6. **7NEWS Friday:** #1 program in all people and grocery shoppers. National reach 1.97 million, national audience 1.26 million.
7. **Seven's AFL: Friday Night Football:** #1 sport, #1 program in 25 to 54s and 16 to 39s. National reach 1.92 million, national audience 717,000.
8. **The 1% Club Australia:** #1 entertainment program. National reach 1.79 million, national audience 1.03 million. Biggest audience of 2026. Up 5% year-on-year in total TV, up 84% on 7plus. Up 23% week-on-week in total TV, up 17% on 7plus.
9. **Seven's AFL: Thursday Night Football:** National reach 1.63 million, national audience 539,000. Up 73% year-on-year on 7plus.
10. **7NEWS Saturday:** #1 program in all people, 16 to 39s and grocery shoppers. National reach 1.6 million, national audience 1.06 million.
11. **The Chase Australia Monday:** National reach 1.53 million, national audience 775,000. Up 83% year-on-year on 7plus.
12. **The Chase Australia Wednesday:** National reach 1.51 million, national audience 805,000. Up 16% year-on-year in total TV, up 90% on 7plus. Up 10% week-on-week



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in total TV, up 5% on 7plus.

- 13. Seven's AFL: Sunday Afternoon Football:** #1 sport. National reach 1.51 million, national audience 489,000. Up 3% year-on-year in total TV, up 87% on 7plus. Up 18% week-on-week in total TV.
- 14. The Chase Australia** Tuesday: National reach 1.5 million, national audience 757,000. Up 8% year-on-year in total TV, up 81% on 7plus.
- 15. 7NEWS Spotlight:** National reach 1.39 million, national audience 585,000. Up 9% week-on-week in total TV, up 10% on 7plus.
- 16. Home and Away** Monday: #1 entertainment program in total TV, #1 drama. National reach 1.38 million, national audience 969,000. Up 1% year-on-year in total TV, up 72% on 7plus. Up 9% week-on-week in total TV, up 10% on 7plus.
- 17. The Chase Australia** Thursday: National reach 1.38 million, national audience 717,000. Up 5% year-on-year in total TV, up 76% on 7plus.
- 18. Home and Away** Tuesday: #1 entertainment program in total TV, #1 drama. National reach 1.36 million, national audience 993,000. Up 5% year-on-year in total TV, up 74% on 7plus.
- 19. The Chase Australia** Friday: National reach 1.31 million, national audience 687,000.
- 20. Home and Away** Wednesday: #1 entertainment program in total TV, #1 drama. National reach 1.3 million, national audience 902,000. Up 4% year-on-year in total TV, up 71% on 7plus.
- 21. My Reno Rules:** National reach 1.21 million, national audience 565,000.
- 22. Glenn & Mick's Celebrity Intervention:** National reach 1.21 million, national audience 544,000.
- 23. Better Homes and Gardens** Saturday: #1 entertainment show, #1 lifestyle program. National reach 1.19 million, national audience 507,000.
- 24. Home and Away** Thursday: #1 drama. National reach 1.09 million, national audience 829,000. Up 12% year-on-year in total TV, up 71% on 7plus.
- 25. Sunrise** Tuesday: #1 breakfast program. National reach 1.03 million, national audience 449,000. 47% more viewers than *Today*.
- 26. Gladiator (R):** National reach 1.01 million, national audience 889,000.
- 27. Sunrise** Monday: #1 breakfast program. National reach 998,000, national audience 446,000. 39% more viewers than *Today*.
- 28. Sunrise** Wednesday: #1 breakfast program. National reach 976,000, national audience 437,000. 35% more viewers than *Today*.
- 29. Sunrise** Thursday: #1 breakfast program. National reach 964,000, national audience 410,000. 29% more viewers than *Today*.
- 30. Sunrise** Friday: #1 breakfast program. National reach 942,000, national audience 417,000. 30% more viewers than *Today*.
- 31. Better Homes and Gardens** Friday: #1 lifestyle program. National reach 914,000, national audience 447,000.
- 32. Weekend Sunrise** Sunday: #1 breakfast program. National reach 904,000, national audience 404,000. 44% more viewers than *Today*.



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33. SAS: AUS V ENG: National reach 892,000, national audience 291,000.

34. Seven's AFL: Saturday Afternoon Football: #1 sport. National reach 879,000, national audience 299,000.

35. The Front Bar: National reach 804,000, national audience 427,000.

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About the Seven Network

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

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

Seven 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.