



Ratings Release

Sunday, 28 June 2026

Seven sweeps the week, #1 in all demos, 7plus #1

- Seven #1 nationally in total TV
- Seven #1 in all people, 25 to 54s, 16 to 39s, grocery shoppers
- National total TV audience share, 6.00pm to midnight: 44.3%
- National total TV audience share, 6.00am to midnight: 44.7%
- #1 in broadcast TV nationally and in the capital cities
- 7plus: #1 in BVOD
- #1 news, #1 drama, #1 lifestyle show, #1 at breakfast
- #1 program: 7NEWS Monday, reached 2.35 million
- #1 sport program: AFL Thursday Night Football, reached 2.18 million
- #1 entertainment show of the week: Farmer Wants A Wife Sunday, reached 2.05 million
- #1 breakfast show all week: Sunrise

WEEK 26, 2026 HIGHLIGHTS:

Seven Network reaches 11.76 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 16 to 39s.
- 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 16 to 39s.
- Seven Network: #1 nationally in total TV in grocery shoppers.

[7plus](#): #1 in streaming. 47.6% commercial share, up from 42.7% in the same week in 2025.

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



Ratings Release

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

#1 entertainment program of the week: **Farmer Wants A Wife Sunday**.

#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 (%):

6.00pm to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	44.3	40.8	44.5
Nine Network	35.3	34.5	35.0
Network Ten	20.4	24.7	20.5

NATIONAL TOTAL TV COMMERCIAL SHARES (%):

6.00am to midnight

Network	All people	25 to 54s	Grocery shoppers
Seven Network	44.7	42.5	45.1
Nine Network	36.6	35.8	36.5
Network Ten	18.7	21.7	18.4

www.virtualoz.com.au

SEVEN'S TOP 35:

- 7NEWS Monday:** #1 program in all people, 25 to 54s and grocery shoppers. National reach 2.35 million, national audience 1.54 million.
- 7NEWS Sunday:** #1 program in all people and grocery shoppers. National reach 2.31 million, national audience 1.49 million.
- 7NEWS Tuesday:** #1 program in all people and grocery shoppers. National reach 2.28 million, national audience 1.48 million.
- 7NEWS Wednesday:** #1 program in all people and grocery shoppers. National reach 2.24 million, national audience 1.48 million.
- Seven's AFL: Thursday Night Football:** #1 program in all people and 25 to 54s, #1 sport. National reach 2.18 million, national audience 694,000. Up 28% year-on-



Ratings Release

year in total TV, up 151% on 7plus.

6. **7NEWS Thursday**: #1 program in total TV, #1 program in grocery shoppers. National reach 2.16 million, national audience 1.38 million.
7. **Farmer Wants A Wife Sunday**: #1 entertainment program. National reach 2.05 million, national audience 969,000. Up 20% year-on-year in total TV, up 94% on 7plus. Up 6% week-on-week in total TV.
8. **7NEWS Friday**: #1 news program. National reach 1.9 million, national audience 1.24 million.
9. **7NEWS Saturday**: #1 program in all people and grocery shoppers. National reach 1.67 million, national audience 1.05 million.
10. **Farmer Wants A Wife Monday**: National reach 1.64 million, national audience 918,000. Up 12% year-on-year in total TV, up 92% on 7plus.
11. **Seven's AFL: Friday Night Football**: National reach 1.56 million, national audience 512,000.
12. **The Chase Australia Monday**: National reach 1.52 million, national audience 784,000. Up 10% year-on-year in total TV, up 73% on 7plus.
13. **Home and Away Monday**: #1 entertainment program in total TV, #1 drama. National reach 1.49 million, national audience 1.03 million. Up 8% year-on-year in total TV, up 81% on 7plus.
14. **The Chase Australia Tuesday**: National reach 1.49 million, national audience 755,000. Up 11% year-on-year in total TV, up 62% on 7plus.
15. **Home and Away Wednesday**: #1 entertainment program in total TV, #1 drama. National reach 1.46 million, national audience 984,000. Up 8% year-on-year in total TV, up 81% on 7plus. Up 6% week-on-week in total TV.
16. **The Chase Australia Wednesday**: National reach 1.45 million, national audience 769,000. Up 15% year-on-year in total TV, up 73% on 7plus.
17. **7NEWS Spotlight**: National reach 1.44 million, national audience 865,000. Up 77% year-on-year in total TV, up 326% on 7plus. Up 60% week-on-week in total TV, up 43% on 7plus.
18. **The Chase Australia Thursday**: National reach 1.4 million, national audience 718,000. Up 4% year-on-year in total TV, up 80% on 7plus.
19. **Home and Away Tuesday**: #1 entertainment program in total TV, #1 drama. National reach 1.37 million, national audience 955,000. Up 7% year-on-year in total TV, up 61% on 7plus.
20. **The Chase Australia Friday**: National reach 1.36 million, national audience 711,000.
21. **The 1% Club UK**: National reach 1.33 million, national audience 780,000. #1 in its timeslot.
22. **First Dates Australia**: National reach 1.18 million, national audience 560,000. Up 28% in total TV on 2022 launch episode on Network Ten.
23. **The Front Bar**: National reach 1.12 million, national audience 569,000. Up 54% week-on-week in total TV, up 71% on 7plus. Up 95% year-on-year on 7plus.
24. **Home and Away Thursday**: #1 entertainment program in total TV, #1 drama.



Ratings Release

National reach 1.1 million, national audience 819,000. Up 10% year-on-year in total TV, up 88% on 7plus. Up 12% week-on-week in total TV.

- 25. Sunrise** Friday: #1 breakfast program. National reach 1.02 million, national audience 442,000. 40% more viewers than *Today*.
- 26. Sunrise** Thursday: #1 breakfast program. National reach 1.01 million, national audience 452,000. 56% more viewers than *Today*.
- 27. Seven's AFL: Sunday Afternoon Football:** #1 sport. National reach 1.01 million, national audience 316,000. Up 3% year-on-year in total TV, up 186% on 7plus.
- 28. Sunrise** Tuesday: #1 breakfast program. National reach 989,000, national audience 459,000. 57% more viewers than *Today*.
- 29. Better Homes and Gardens** Saturday: #1 lifestyle program. National reach 982,000, national audience 428,000.
- 30. Sunrise** Wednesday: #1 breakfast program. National reach 965,000, national audience 426,000. 41% more viewers than *Today*.
- 31. Sunrise** Monday: #1 breakfast program. National reach 956,000, national audience 444,000. 52% more viewers than *Today*.
- 32. Better Homes and Gardens** Friday: #1 lifestyle program. National reach 925,000, national audience 477,000.
- 33. The Rookie:** National reach 874,000, national audience 427,000.
- 34. Weekend Sunrise** Sunday: #1 breakfast program. National reach 857,000, national audience 379,000. 46% more viewers than *Today*.
- 35. The Devil Wears Prada (R):** National reach 828,000, national audience 240,000.

For further information, please contact:

Neil Shoebridge

M: 0417 511 012

E: neil@skmediagroup.com.au

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](http://7plus.com.au); 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**.



Ratings Release

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.