

| Consolidated Rank | Overnight Rank | From | To | Description | Channel | 5 Cities 000's | Sydney 000's | Melbourne 000's | Brisbane 000's | Adelaide 000's | Perth 000's |
|-------------------|----------------|------|----|--|---------|----------------|--------------|-----------------|----------------|----------------|-------------|
| 1 | 1 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 8 - NIGHT | Seven | 1,703 | 517 | 564 | 300 | 162 | 160 |
| 2 | 2 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 2 - NIGHT | Seven | 1,591 | 460 | 549 | 258 | 160 | 164 |
| 3 | 3 | ▶ | - | SEVEN NEWS - SUN | Seven | 1,555 | 431 | 517 | 272 | 171 | 164 |
| 4 | 4 | ▶ | - | SEVEN NEWS - SAT | Seven | 1,499 | 438 | 443 | 319 | 130 | 170 |
| 5 | 5 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 2 - EVENING | Seven | 1,410 | 416 | 482 | 235 | 163 | 113 |
| 6 | 6 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 2 - AFTERNOON | Seven | 1,392 | 429 | 543 | 190 | 151 | 79 |
| 7 | 7 | ▶ | - | SEVEN NEWS | Seven | 1,387 | 393 | 450 | 235 | 142 | 167 |
| 8 | 8 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 5 - NIGHT | Seven | 1,367 | 379 | 493 | 215 | 139 | 141 |
| 9 | 9 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 8 - EVENING | Seven | 1,363 | 411 | 461 | 255 | 130 | 105 |
| 10 | 10 | ▶ | - | SEVEN NEWS AT 6.30 | Seven | 1,289 | 376 | 417 | 219 | 128 | 150 |
| 11 | 12 | ▲ | 1 | TOKYO 2020 OLYMPIC GAMES: DAY 6 - NIGHT | Seven | 1,279 | 376 | 429 | 211 | 140 | 123 |
| 12 | 11 | ▼ | -1 | TOKYO 2020 OLYMPIC GAMES: DAY 5 - EVENING | Seven | 1,277 | 377 | 454 | 238 | 123 | 85 |
| 13 | 13 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 8 - AFTERNOON | Seven | 1,245 | 461 | 351 | 226 | 103 | 105 |
| 14 | 14 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 3 - EVENING | Seven | 1,212 | 372 | 416 | 214 | 124 | 86 |
| 15 | 15 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 2 - LATE AFTERNOON | Seven | 1,202 | 372 | 422 | 199 | 140 | 70 |
| 16 | 16 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 7 - NIGHT | Seven | 1,202 | 410 | 362 | 194 | 116 | 119 |
| 17 | 17 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 4 - NIGHT | Seven | 1,198 | 347 | 386 | 213 | 122 | 130 |
| 18 | 18 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 8 - LATE AFTERNOON | Seven | 1,162 | 380 | 327 | 269 | 110 | 76 |
| 19 | 19 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 6 - EVENING | Seven | 1,154 | 332 | 396 | 215 | 118 | 92 |
| 20 | 20 | ▶ | - | TOKYO 2020 OLYMPIC GAMES: DAY 3 - NIGHT | Seven | 1,148 | 325 | 408 | 183 | 115 | 118 |

* Note: Program rankings are based on the absolute audience which is rounded to thousands.

* Note: The sum of the individual markets may not add to the total (5 Cities Total) due to rounding.