1989 Atlanta Falcons 3-13-0 NFC West	1989 Buffalo Bills 9-7-0 AFC East	1989 Chicago Bears 6-10-0 NFC Central	1989 Cincinnati Bengals 8-8-0 AFC Central	1989 Cleveland Browns 9-6-1 AFC Central
1989 Dallas Cowboys 1-15-0 NFC East	1989 Denver Broncos 11-5-0 AFC West	1989 Detroit Lions 7-9-0 NFC Central	1989 Green Bay Packers 10-6-0 NFC Central	1989 Houston Oilers 9-7-0 AFC Central
1989 Indianapolis Colts 8-8-0 AFC East	1989 Kansas City Chiefs 8-7-1 AFC West	1989 L.A Rams 11-5-0 NFC West	1989 L.A Raiders 8-8-0 AFC West	1989 Miami Dolphins 8-8-0 AFC East
1989 Minnesota Vikings 10-6-0 NFC Central	1989 New England Patriots 5-11-0 AFC East	1989 New Orleans Saints 9-7-0 NFC West	1989 New York Giants 12-4-0 NFC East	1989 New York Jets 4-12-0 AFC East

1989 Philadelphia Eagles 11-5-0 NFC East	1989 Phoenix Cardinals 5-11-0 NFC East	1989 Pittsburgh Steelers 9-7-0 AFC Central	1989 San Diego Chargers 6-10-0 AFC West	1989 San Francisco 49ers 14-2-0 NFC West
1989 Seattle Seahawks 7-9-0 AFC West	1989 Tampa Bay Buccaneers 5-11-0 NFC Central	1989 Washington Redskins 10-6-0 NFC East		