Approach:

1. While the number is not 1:
   1. Find the sum of squares of each digit(use a helper function)
   2. Update number to sum of its squares
   3. If number already visited, a loop found, return False
   4. Else add number to a visited array(keeps track of previous num)

CODE:

def find\_sq\_sum(num):

sq\_sum = 0

while num:

last = num % 10

sq\_sum += pow(last,2)

num = num//10

return sq\_sum

visited = set()

visited.add(n)

while n>1:

sq\_sum = find\_sq\_sum(n)

n = sq\_sum

if n in visited:

return False

visited.add(n)

return True