Problem 6 of week 6 is (I think) fairly simple in idea but a little subtle in execution, so I will take the liberty of providing an answer for this one.

I think it pays to prove something a little stronger because then the induction is easier. We shall prove the following, which implies the desired result.

Theorem. For every positive integer n there exists an integer k = k(n) for which

$$a_k \equiv a_{k+1} \equiv a_{k+2} \dots \pmod{n}$$

The smallest such value of k satisfies k(n) < n.

The proof is by "strong" induction on n, that is, we will prove this result for one value of n, assuming it is true for all lower values of n. Obviously the result holds for n = 1.

If $n=2^e$ then as long as $a_k > e$ we have $a_{k+1} = 2^{a_k}$ divisible by $2^e = n$; that is, all terms of the sequence are congruent to zero. This is certainly true for $k \geq e$, and in particular holds for all $k \geq n$. (Indeed you will probably never see a sloppier inequality

If n is odd, then Euler's Theorem asserts that 2^N-1 is a multiple of n if N is a multiple of $\varphi(n)$. Since $\varphi(n) < n$ we may assume by induction that a bound $k(\varphi(n)) < \varphi(n)$ has been found, past which each $a_k - a_{k-1}$ is indeed a multiple of $\varphi(n)$. Thus $2^{a_k - a_{k-1}} - 1$ is a multiple of n, and if we multiply by $2^{a_{k-1}}$ we see $a_{k+1} - a_k = 2^{a_k} - 2^{a_{k-1}}$ is also a multiple of n. That is, we have $k(n) \le k(\varphi(n)) + 1$.

Finally, note that if n = ab where a and b are coprime, then the desired congruences hold modulo n iff they hold modulo a and b; thus we have $k(ab) = \max(k(a), k(b)) < \max(a, b) < n$. In particular we can use this where a and b are respectively the 2-primary part of n and the odd part of n.