You have a total of *n* coins that you want to form in a staircase shape, where every *k*-th row must have exactly *k* coins.

Given *n*, find the total number of **full** staircase rows that can be formed.

*n* is a non-negative integer and fits within the range of a 32-bit signed integer.

**Example 1:**

n = 5

The coins can form the following rows:

¤

¤ ¤

¤ ¤

Because the 3rd row is incomplete, we return 2.

**Example 2:**

n = 8

The coins can form the following rows:

¤

¤ ¤

¤ ¤ ¤

¤ ¤

Because the 4th row is incomplete, we return 3.