1342. Number of Steps to Reduce a Number to Zero
(將數值降到 0 的步驟數目)

傳入一個整數 num, 回傳共需多少步驟才能將 num 降成 0.

每一個步驟可以執行的動作如下：如果目前的值是偶數, 將它的值除以 2, 如果是奇數, 將它減 1.

Example 1:

Input: num = 14

Output: 6

Explanation:

Step 1) 14 is even; divide by 2 and obtain 7.

Step 2) 7 is odd; subtract 1 and obtain 6.

Step 3) 6 is even; divide by 2 and obtain 3.

Step 4) 3 is odd; subtract 1 and obtain 2.

Step 5) 2 is even; divide by 2 and obtain 1.

Step 6) 1 is odd; subtract 1 and obtain 0.

Example 2:

Input: num = 8

Output: 4

Explanation:

Step 1) 8 is even; divide by 2 and obtain 4.

Step 2) 4 is even; divide by 2 and obtain 2.

Step 3) 2 is even; divide by 2 and obtain 1.

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Step 4) 1 is odd; subtract 1 and obtain 0.
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Example 3:

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Input: num = 123

Output: 12
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Constraints:

- $0 <= num <= 10^6$