

Approach:

From observation, we can see that there's only 3 possible outcomes.

1. If the frequency is 1, the task cannot be performed so we return -1.
2. If the frequency is 3, the task can be performed and we return frequency/3.
3. Now if the frequency is not completely divisible by 3, then the possible remainders are 1 and 2. Lets check them out:
 - If remainder is 1, i.e, lets take 7 frequency, then 🧑 🧑 🧑 🧑 🧑 🧑 🧑 the groups are something like this " 🧑 🧑 🧑 " " 🧑 🧑 🧑 " " 🧑 ", i.e, one 🧑 is left alone so the solution is to break the second last group into two parts of 2 and 1 so that it becomes like: " 🧑 🧑 🧑 " " 🧑 🧑 ", i.e, one is added to the division by 3.
 - If remainder is 2, i.e, lets take 8 frequency, then 🧑 🧑 🧑 🧑 🧑 🧑 🧑 🧑 the groups are something like this " 🧑 🧑 🧑 " " 🧑 🧑 🧑 " " 🧑 🧑 ", i.e, two 🧑 are left so the solution is to just add 1,i.e, one group of two to the solution.