```python
fname = input("Enter a file name: ")
fh = open(fname)
counts = dict()
for line in fh:
    line = line.rstrip()
    if not line.startswith("From "):
        continue
    parts = line.split()
    day = parts[2]
    counts[day] = counts.get(day, 0) + 1
print(counts)
```